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Natural Medicine First Aid Remedies

SELF-CARE
TREATMENTS
FOR **100+**
COMMON
CONDITIONS



THE **FIRST**
REMEDIES
TO TURN TO
FOR HELP

STEPHANIE MAROHN

Stephanie Marohn

Natural Medicine First Aid Remedies: Self-Care Treatments for 100+ Common Conditions



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When faced with common health emergencies, many of us automatically change to over-the-counter medications. Written by wellness journalist Stephanie Marohn, Natural Medicine MEDICAL Remedies is founded on medical research and draws upon protocols utilized by a large number of health care practitioners. (The next time you get a headaches, try rubbing peppermint essential oil on your temples before you grab the aspirin. Natural Medicine MEDICAL Remedies provides all you need to know to take care of a range of ailments and health issues, including burns, muscle cramps, scorching flashes, shock, sore throat, toothache--100 common health issues in every.) Natural Medicine MEDICAL Remedies tells how to equip your medicine cabinet with the 10 most essential natural treatments including arnica (for pain and stiffness), echinacea (for colds), tea tree oil (for pores and skin infections), aloe vera gel (for burns), activated charcoal (for food poisoning), and more. It clarifies how homeopathy, herbs, diet, essential oils, flower essences, natural supplements, reflexology, and gem therapy can provide healing benefits for various conditions. But we've another option--easy-to-use, secure, inexpensive, and highly effective natural medications. Informative and unique, this is a reference that you will need to consult whenever confronted with one of life's everyday medical emergencies, injuries, or discomforts.



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