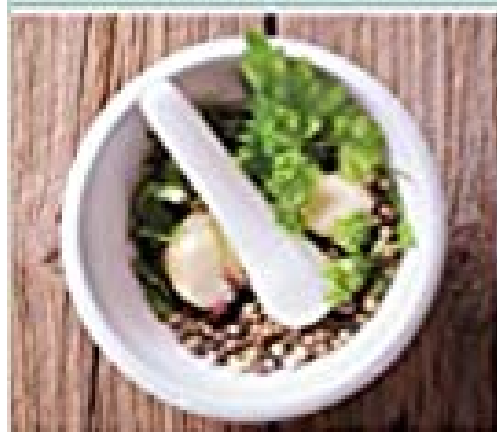


500 TIME-TESTED
HOME REMEDIES
and the Science Behind Them



Ease Aches, Pains, Ailments, and More
with Hundreds of Simple and Effective
At-Home Treatments

LINDA B. WHITE, M.D.

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500 Time-Tested Home Remedies and the Science Behind Them: Ease Aches, Pains, Ailments, and More with Hundreds of Simple and Effective At-Home Treatments



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This book's 500 recipes contain readily available, inexpensive, and safe ingredients--many that you will find inside your cupboards or at the supermarket. In addition, they provide a blueprint of wellness for you and your family members. From insect bites, insomnia, and upset belly to nasal congestion, stress, and heart health, this authoritative and comprehensive guide offers easy, effective quality recipes to bolster your resistance to illness, ease pains and aches, and manage minor ailments normally. The authors explain the technology behind these remedies, debunk common myths, and let you know when to contact the doctor. Search no further! Try These Timeless Remedies Supported by Cutting-Edge Technology! For example:-Dab on tea tree oil to clear up acne-Gargle with sage and thyme tea to combat sore throat-Engage in mindfulness exercises for pounds loss-Eat chia seed to greatly help with hay fever-Whip up a calendula salve for diaper rash-Heal dried out skin with coconut oil-Lift disposition with a gratitude journal-Take elderberry syrup for influenza-Apply aloe vera gel and peppermint essential oil to sore muscles



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We're VERY IMPRESSED with this book!!! I've just had this reserve a few weeks, so haven't had a dependence on it much however. It talks about how to live. Nothing appeared to help. It was shipped in a plastic material bag, which I understand for as cutting fat and cost of delivery. what things function for them. I loved it that it provided a number of different remedies, so I was able to find something I sensed he would be willing to try.? I set the Spicy Sinus Soup, browse to him the reason of why & how it will function, & handed the soup to him that morning hours. White was an excellent teacher in university and her book doesn't disappoint either. A reference to have readily available I'm pleased to have this just in time for spring and yard function. He said, "I'll say it worked! Well written with some remedies I've not observed in other books I've purchased." He's so impressed, he's been telling his friends about any of it.. It took one hour or so to alleviate me, but it still left my sinuses & I'll check this pout before working to the pharmacy for over the counter remedies. I like how this publication educates you about the topic, provides many remedies, & comes after up with the scientific description of why it functions for each remedy. Great Home Remedy Book Love this book! Dr. He was eliminated until evening. I prefer to go the organic route whenever you can, and there are several easy solutions, tips, dishes, etc open to try in this book.! She said that she has tried several of the cures. It is not just a recipe publication for home dishes. But my husband has been battling with his sinuses for 8 months. Good gift. This book was something special and my pal loves it. Better than described This book is giving me a complete new approach to life. It relieved my sinuses for most of the day! Filled with wisdom on blends. Well written. Gives good info on different remedies I've not seen in other books. Value the purchase& Returned the book since I must say i was expecting different things, something with more natural remedies. They truly work very well. Content-rich, all you need to learn about integrative medicine Alphabetically arranged reference book for the kinds of things all parts of our bodies regularly call our focus on. Dr. Light distills the wisdom of our grandmothers supported by meticulously researched research. She directs us to herbs, obviously, but also to pen and paper (writing also can get rid of what ails us!!) Very informative Tons of information written in everyday languageand easy to understand. Five Stars Great information!Love it. When he came home, I asked him if it worked well. the massive headache all clear! Five Stars Happy with purchase! Additionally, there are plenty of explanations on why we experience specific ailments and how exactly to decrease the likelihood of them.!!!!) and a set of walking shoes (stopping to smell the roses-you'd be surprised by the degree of their curative powers. Not really what I was expecting! already had to use a handful of these suggested treatment recipes. No thanks!)? He's one of those hard-headed men who doesn't need to appear weak! Dishes include Vics VipoRub and Listerine? The book is super great, the one thing I was disappointed in . I had my 1st sinus headache in probably 20 years last week, so decided to try the soup!. I was disappointed to start to see the back cover torn. THEREFORE I grabbed the reserve, learned all about sinuses & They did place a piece of cardboard to protect leading of the book, which it did protect leading of the book. But in shipping, something captured the bundle and torn the trunk cover 2.25 inches. I love good neat books and have been collecting books since I was about 4 yrs . old. The book is super great, the only thing I was disappointed in was just how it was shipped. I wrote Cherrybooks and suggested they but I cardboard on the back side to safeguard books. I favor to to pay out a little more and also have the book well protected. Being in business, I know most people are searching for the lowest price. I've also decided to now keep a spreadsheet of most my orders and wheather they ship books "well safeguarded" in cardboard or are they shipped in "plastic". I understand, it is not Cherrybooks fault that it got damaged in shipping, and I know this is not a

normal thing, and I especially know that I am a weird duck in liking well covered books and spending more to keep these things that way. Not good Didn't like this home remedies at all, it didn't meet the standard I wanted. good so far looks very interesting, haven't tried to many recipes, good up to now, I like it. Great guidelines without using hard drug products with side effects.



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