

The Natural **FIRST AID** **HANDBOOK**



Household Remedies

Herbal Treatments

**Basic Emergency Preparedness
Everyone Should Know**



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Brigitte Mars

The Natural First Aid Handbook: Household Remedies, Herbal Treatments, and Basic Emergency Preparedness Everyone Should Know



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Cayenne pepper can end bleeding. Garlic assists alleviate a toothache. Honey soothes a burn off. Become an effective 1st responder with a combined mix of best first-aid methods, herbs, and regular homeopathic applications. When an emergency situation arises, simple home cures can play a vital part in easing symptoms and offering instant help. I find probably the most practical, effective actions to take to ensure survival. From how exactly to perform fundamental CPR and the Heimlich Maneuver to the best instant response to natural disasters, you' This quick-reference handbook spells out a huge selection of life-saving techniques, commonsense tips, and time-tested herbal remedies that everyone should know.



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If you love essential oils, then this book will be right up your alley! In a global where everything appears to be getting larger and bigger, this little book packs an enormous punch. Is apparently most in depth for a little handbook! ??? I have only skimmed through this important reference yet feel it will be very informative and good to have on hand if necessary! The Normal First Aid Handbook was written by Brigitte Mars who's an herbalist. It isn't a publication that lists recipes for the herbal remedies but is usually amazing at telling u what to make use of and how. I can find everything I need online. It's so difficult when it's my kids. What surprises me is how quickly something can happen and how quickly someone can get hurt! I discover that my big issue is to first calm them down. Then, to figure out how to care for the injury. We used to keep an enormous, heavy Mayo Clinic reserve in my shelf, but with this last move I took it to Goodwill in order that it will find a new home. But, a new small book has adopted residence in its place. It's The Natural First Aid Handbook. It tackles different topics, but ones which are more highly relevant to our lives. Great book Very informative about general first aid techniques and also herbal solutions. So, this is a first help book intended for using more natural remedies. A must have We am still reading it , but there is so much information in the webpages that it is hard to place down . But, also if you're not really (like me), it has a lot of helpful info. But, most of all, I love how big is this book. She included several helpful pieces of information that I will definitely put to make use of! Drawn illustrations are included if they are beneficial to have. For instance, I loved the sections on Frostbite and Diarrhea. Essential for every home or pack. I know that many people ask the question today, why do I want a book? Five Stars Great Book Five Stars It's a practical publication that's no problem finding needed information in Great for INDIVIDUALS WHO Want to Use Essential Natural oils!.. While it is true that people can find a whole lot of information on the web, that finding process takes time. Please note that We received a duplicate of this publication from Storey books for review but that these opinions are my own. It's considerably faster and more effective to have a compact reference reserve on the shelf that's no problem finding when it's needed!



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