

The

Kitchen Table Book

1,427 Kitchen Cures and Pantry
Potions for Just About Every
Health and Household Problem



Ease arthritis
pain ... with
an everyday fruit!



Prevent or reverse
diabetes ... with
a popular brew!



Lower cholesterol
... with a
favorite spice!

By The Editors of F&S Medical Publishing

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The Kitchen Table Book: 1,427 Kitchen Cures and Pantry Potions for Just About Every Health and Household Problem



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Shares natural treatments and nutrition tips for preventing ailments and improving wellness, detailing the recovery powers of such common kitchen items as beans, green tea, tomatoes, vinegar, garlic, oatmeal, and baking soda.



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Needed knowledge Just a quick note about this book, 'The DINING ROOM TABLE Book'. It is filled with uses for common items which you would have around the house or could purchase at the supermarket. Dr's were either not available or came at reduced. Hence, a lot of 'cures' originated from home cures and basic diet. This book shows in detail the huge benefits from the foods and spices we normally consume.. It is the kind of publication that needs to be on every kitchen table and followed concerning daily nutrition. Through the use of the knowledge within these pages, one should be able to decrease the need for doctor visits, with the exception of catastrophic events. Once I sat right down to browse it 1 hour had passed. This publication is an excellent guide towards that objective. Recommend. I told her how great this website is for her purchases since she is now living alone. She is very content to get this reserve because she will not like to utilize the fresh remedies for things and this book is a life saver for her. She is going to show me how to use this book. Bought this reserve for my mother. She's called me about a thing that she has discovered a remedy for every week! This reserve is amazing and continues her wanting even more. And a really great index. Like the format. book great product Five Stars Thanks very much! Keeping this book near the kitchen and my spot at the table.. It is easy to look up what you need. hope this helps Great book, filled with fun and help Great book, full of fun and help. Great typeface and spacing so never too intense.. Grandma knew best and this is some of that wisdom from yesteryear. Great reference book for health insurance and other things! Good alternative medicine info . It's chock full of interesting tidbits about diet plan, health, exercise, food, vegetation, spices, herbs and a lot of pages have helpful tips about cleaning etc. By understanding medical benefits for the many foods, most people should be able to maintain good health without the use of products and multiple, doctor-prescribed medications. It's hard to place down! I found out that there surely is so much info in the book that if you wish to remember some of the suggestions you've read, it's best to possess pen and paper handy to write down things like what vitamins are best for this or that! Old time remedies This book is filled up with remedies and wisdom without the expense of today's hi-tech formulas. I'm person who grew up with a grandmother, that was raised in the united states and in the past due 1800's and early 1900's. She was delighted with all the answers to her questions and is . My most recent reference to the meals I eat. Also purchased one for a friend, and she also is learning from this book. Right now it continues to be in the bookshelf. People liked thumbing through it and finding helpful hints on a cornucopia of products. lets go to the kitchen and got something to show to you I am using this book at this time and I have changed a lot of vitamins and meals. This is a great book. It creates more sense than a large amount of Doctors information (they want you to buy other pill, right) THEREFORE I would recommend this publication you would be amazed of the prosperity of information. Also, an easy task to section out a component, so that you find what you need to know at the moment. Cornucopia of home hints has something for everybody This was on our living room coffee table for a few weeks until we remodeled. I REALLY LIKE my Kitchen Remedy Book Another buy for my mother. Handy Very handy to have around. One Star I DID SO NOT PURCHASE THIS BOOK so Awesome! A pal recommend this book therefore i decided to order. I really like this book! Five Stars It is very interesting. Great Supply~for getting healthy! Arrived on time My order arrived promptly . Amazing book.. It fits perfectly using what my grandmother was raised with and what she imparted to us on the way.everyone needs this informative book...so Awesome ! An abundance of information on how to treatment common ailments with everyday household items... It is very interesting and she is in it at least 3 x weekly. She was delighted with all the answers to her questions and is currently referring close friends to try the Kitchen Table Book.



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