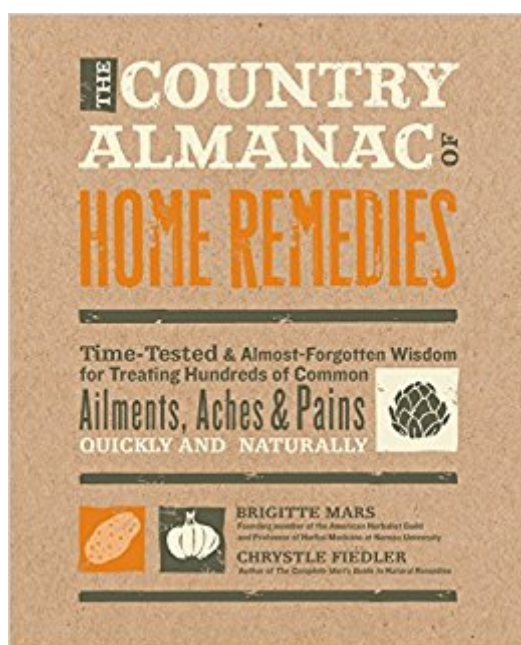


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The Country Almanac Of Home Remedies: Time-Tested & Almost Forgotten Wisdom For Treating Hundreds Of Common Ailments, Aches & Pains Quickly And Naturally



Synopsis

Natural Wisdom for Curing Every Ache, Pain, and Ailment As little as a few decades ago, folk remedies were a part of everyday life. More often than not, our grandparents would go to their garden or kitchen pantry before they went to a doctor to treat everyday health complaints. Today, scientific studies are proving what Grandma knew all along--natural remedies are oftentimes just as effective as modern cures, have fewer side-effects, and cost just pennies. Moreover, natural remedies have stood the test of time. Peppermint has been used to soothe upset stomachs long before Pepto-Bismal and ginger has been used for its antibiotic properties for thousands of years in Asian medicine. Learn how to quickly and naturally treat over 100 common conditions with everyday cures:-Use Apple Cider Vinegar and Honey to break up congestion-Black or Green Teabags will take the sting out of a bad sunburn-Drink Beet, Celery, and Cucumber juice to soothe a shingles outbreak.-Inhale oil of Geranium to calm a hot flash-Apply a Witch Hazel compress to treat varicose veins-Pumpkin Seeds improve male potency-Burnt Toast soaks up internal toxins-Epsom Salt bathes heal the lymphatic system Filled with thousands of surprising cures, each entry gives multiple remedies for each condition from herbs, to healing foods, to acupuncture and yoga poses. Hundreds of step-by-step illustrations show you the right way to administer a treatment from making herbal tinctures to applying a poultice. Dosage guidelines are given for every remedy as well as safety guidelines, contraindications, and when to call a doctor.

Book Information

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Customer Reviews

I saw this book in the store and flipped through it. I was astounded at the detail and depth of treatments that the book offered. I was wrestling with myself on buying the book then and there (it is THAT good) but it was almost double the price. This book is absolutely fabulous. It covers every single kind of issue that you or your family could have. I like to think of the book itself as an elderly grandmother who takes you into her kitchen and points out things you never would think of using and shows you how to cure the people you love. It also gives you pointers on when you should go see a doctor if an issue is too grave for you to handle. This is the kind of book that you might even want to carry in your car, your home, your vacation home, your boat even. It's so versatile. There are even basic survivor pointers such as "Spider webs contain a coagulating substance that can be applied to cuts." The only part that I don't agree with (just my opinion) is the ear candling. I just am not a fan of it. To some people it works while others have gotten horribly burned. I am not going to fault the book in my rating though because there is a wealth of other topics which are valuable. Some topics covered: coughs, colds, erectile dysfunction, women's issues (breast feeding, menstruation, menopause), cuts, nosebleeds, yeast infections, fungus issues, ear ailments, heat/sunstroke, fainting, hypothermia, poison exposure, bruises, how to stop bleeding, anorexia/bulimia, and many many more topics. This book goes beyond first aid and seeks to aid real life issues with practical holistic applications. The idea of thriftiness is also a huge aspect of this book as it gives "Thrifty Tips" on how to use household items to remove splinters or treat other issues.

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