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Natural Remedies for Healthy Living: Over 1000 Smart Solutions to Help You Live Better Today (Paperback)

By -

Reader s Digest Association, United States, 2012. Paperback. Book Condition: New. Original. 249 x 196 mm. Language: English . Brand New Book. From over-the-counter medications to convenience food, from household cleaners to pest repellents, new consumer products are introduced every day that promise to make our lives simpler. But do we really need them? You and your family can live a better life with less stress, fewer chemicals, and virtually no toxins when you adopt the old ways of doing things. It s not about harking back to a nostalgic past, but about presenting old-fashioned methods in such a way that they can be easily implemented in today s fast paced world. Treat and prevent health problems with safe and timeless remedies such as drinking ginger tea (recipe included) to combat acid reflux or using a verbena wrap to soothe back pain. Administer First Aid and know what methods are truly outdated. A first-degree burn can be treated with a salve of Aloe vera or fresh sauerkraut, but never with butter-that can be a breeding ground for bacteria. Reduce the signs of aging-with tried-and-true, homegrown potions and tips like rub age spots with papaya to help stimulate the growth of...



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