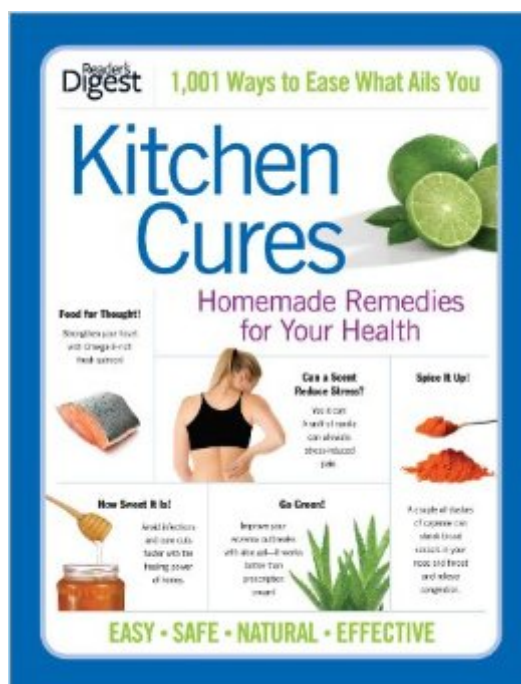


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# Kitchen Cures: Homemade Remedies For Your Health



## Synopsis

Did you know that home remedies often rival or even exceed the healing power of drugstore medicines? The proof is in: Recent studies have shown that aloe gel improves psoriasis better than prescription cream; walnuts and canned fish lower cholesterol levels; green tea can help you lose weight; and more. Kitchen Cures brings the proven remedies of yesteryear into the homes of today! New research is revealing the most effective ways to use ginger, lemon, spices, olive oil, and hundreds of other timeless kitchen staples for health and healing, much as our grandparents once did. And it's all gathered here in one comprehensive, practical guide. Inside, you'll find: An A-to-Z guide to the natural medicines on your kitchen shelves- including aloe, baking soda, and wheat germ The 31 most useful kitchen pantry healers-oatmeal, cinnamon, red wine and honey all make the list How to use kitchen staples to look and feel great-improve your memory, boost your energy level, and bolster your immunity Smart ways to ease what ails you-solutions for asthma, eczema, the flu, and depression This book is your comprehensive guide to natural healing at home. Here are more than 1,000 remedies for the most common health ailments and conditions. Save money, save time, and heal faster and safer. This book shows you everything you need to know to be a savvy home healer.

## Book Information

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## Customer Reviews

If your grandmother or some other all-knowing friend or relative has ever advised you on how to heal some malady you will probably find it in here; although one of our family remedies, using loose

tobacco for bee stings (which really works) is missing - but maybe tobacco isn't supposed to be in the kitchen. Otherwise there are over a thousand remedies that Reader's Digest says they have found that have passed the test of time and have ingredients commonly found in the kitchen pantry. These also had to be simple, not complicated or risky. There are cautions in the beginning that really should be emphasized more often throughout the book on; if you are pregnant, taking prescription medicine, have a serious health condition, etc. There are frequent warnings about when to call a doctor, which is good, since these are not substitutes for seeking medical help for malingering problems...but many certainly help in the short run. The book contains four sections; one- giving an A-Z guide on natural medicines on your kitchen shelves, two- using your kitchen pantry to help your health and appearance, part three lists ailments in alphabetical order from acne to yeast infections and various ways to cure the problem, part four gives tips on practical home healing. There is an excellent index which gives ingredients and health problems. I have used some that have worked and some that haven't, but yet have had others swear by them. Using dried cherries for gout has been successful for several members of my family, honey for hiccups, tonic water with quinine for leg cramps; apples for nausea are some of the time proven ones that have worked for us.

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