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Kitchen Medicine: Household Remedies For Common Ailments And Domestic Emergencies



Synopsis

In Kitchen Medicine the authors describe the wealth of healing and emergency remedies that sit unused and idle in the kitchen. Superb illustrations adorn a lively text. The ingredients are all easily found in the kitchen although in some cases they are exotic in origin (just think of tea, coffee and chocolate).

Book Information

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Customer Reviews

Lots of great tips, received it very quickly. Lots of simple healthy tips in this book, I highly recommend it.

this is a very good book, pretty thorough with nice pictures and sidebars. the only reason why i don't give it 5 stars is that I wish it cited studies that prove the efficacy of each herb, spice, etc. and the price could be a little lower.

Great Product,I love it and am glad I made the purchase. Will buy again from this seller.

Very helpful

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Kitchen Medicine: Household Remedies For Common Ailments And Domestic Emergencies Natural

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