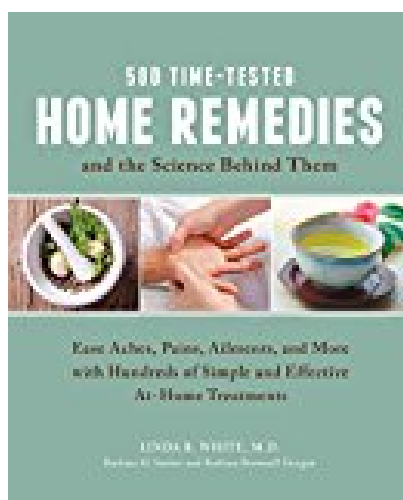


500 Time-Tested Home Remedies and the Science Behind Them Ease Aches Pains Ailments and More with Hundreds of Simple and Effective At-Home Treatments



BOOK DETAILS

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BOOK SYNOPSIS

From insect bites, insomnia and upset stomach to nasal congestion, stress and heart health, this authoritative and comprehensive guide offers easy, effective recipes to bolster your resistance to illness, ease aches and pains, and manage minor ailments naturally. The authors explain the science behind these remedies, debunk common myths and let you know when to call the doctor. In addition, they provide a blueprint for wellness for you and your family. The books 500 recipes contain readily available, inexpensive and safe ingredients. Many you'll find within your cupboards or at the grocery store. For instance: Eat chia seeds to help with hay fever; Heal dry skin with coconut oil; or apply aloe vera gel and peppermint essential oil to relieve muscle soreness.

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