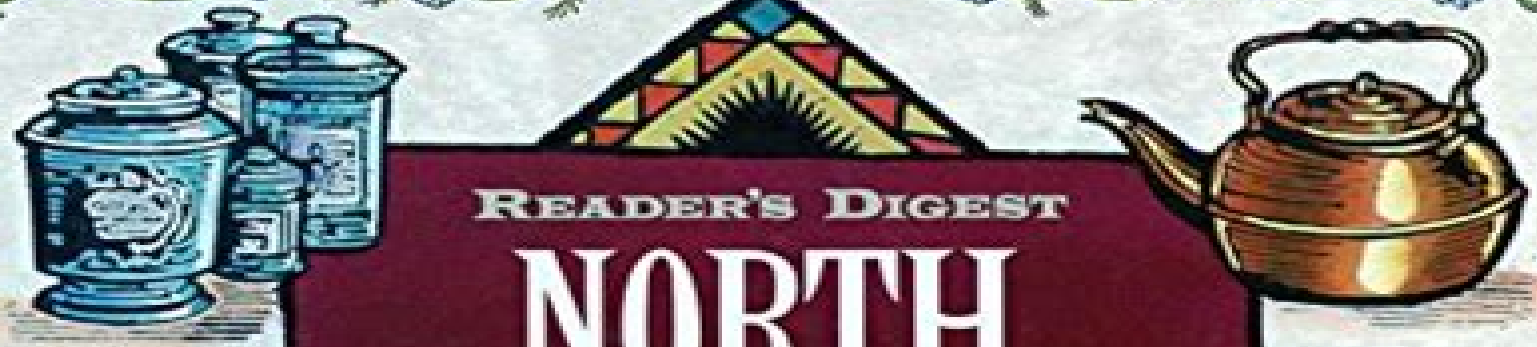


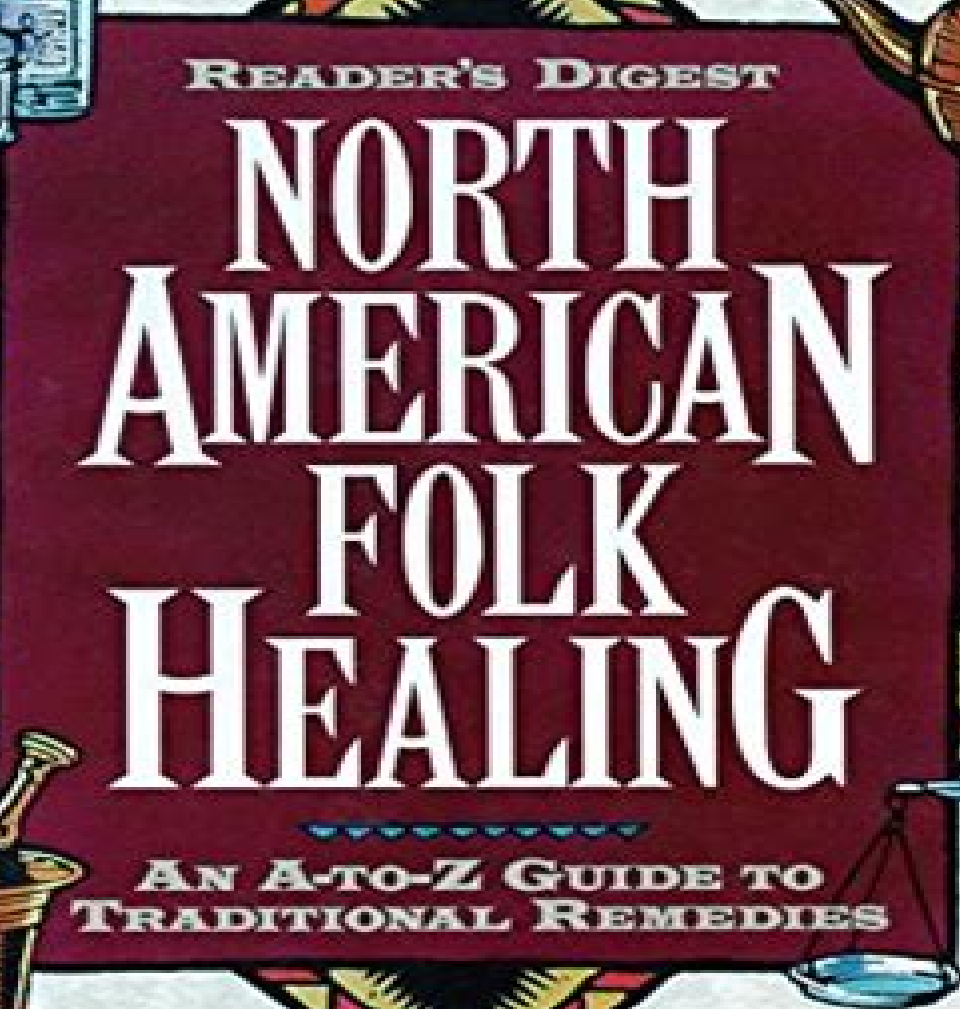
A decorative border of green vines with small blue flowers surrounds the entire cover.A set of blue ceramic tea containers, including a large jar and two smaller ones, is in the top left. A brass teapot is in the top right.A brass mortar and pestle is in the bottom left.A pair of brass scales of justice is in the bottom right.A central maroon rectangle contains the title and subtitle. It is flanked by two diamond-shaped panels with a yellow and red geometric pattern and a central sunburst motif.

READER'S DIGEST

# NORTH AMERICAN FOLK HEALING

AN A-TO-Z GUIDE TO  
TRADITIONAL REMEDIES

# Readers Digest North American Folk Healing An Az Guide To Traditional Remedies

**J Rink**



## **Readers Digest North American Folk Healing An Az Guide To Traditional Remedies:**

*Reader's Digest North American Folk Healing* Reader's Digest Association (Canada),1998-01-01      **North American Folk Healing** ,1998      **Books In Print 2004-2005** Ed Bowker Staff,Staff Bowker, Ed,2004      *Forthcoming Books* Rose Army,2000      Canadian Books in Print ,2000      **American Folk Healing** ,1998-01-01      **Quill & Quire** ,1995      *The Publishers Weekly* ,1996      **Subject Guide to Books in Print** ,1983      **Books in Print Supplement** ,2002

**American Book Publishing Record** ,1999      **Indianapolis Monthly** ,2001-12 Indianapolis Monthly is the Circle City s essential chronicle and guide an indispensable authority on what s new and what s news Through coverage of politics crime dining style business sports and arts and entertainment each issue offers compelling narrative stories and lively urbane coverage of Indy s cultural landscape      **Cumulated Index to the Books** ,1938      *The New York Times Book Review* ,1937      *Ossman & Steel's Classic Household Guide to Appalachian Folk Healing* Jake Richards,2022-08-01 A long treasured but forgotten classic of folk healing with an introduction and commentary by the author of *Backwoods Witchcraft* and *Doctoring the Devil* Ossman Steel s Guide to Health or Household Instructor its original title is a collection of spells remedies and charms The book draws from the old Pennsylvania Dutch and German powwow healing practices that in turn helped shape Appalachian folk healing conjure rootwork and many folk healing traditions in America Jake Richards author of *Backwoods Witchcraft* and *Doctoring the Devil* puts these remedies in context with practical advice for modern day backwoods healers interested to use them today The first part contains spells and charms for healing wounds styes broken bones maladies and illnesses of all sorts The second part includes other folk remedies using ingredients based on sympathetic reasoning including sulfuric acid gunpowder or other substances for swelling toothache headache and so on These remedies are presented here for historic interest to help better understand how folk medicine evolved in America It is Jake Richard s hope that reintroducing this work will reestablish its position as a useful household helper in the library of every witch or country healer      **Kitchen Cures** Editors of Reader's Digest,2011-09-01 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      **Folk Medicine in America Today** John Heinerman, John Healers, 2001 Offers a rich history of scores of folk remedies that were brought to our country by immigrants from all over the world      *American Folk Medicine* Clarence Meyer, 1985 American Folk Medicine is based on authentic sources including medicinal recipes handed down through individual families and recipes dug out of out of print medical texts home encyclopedias and cookbooks Arranged alphabetically according to ailment the remedies are used to treat everything from asthma flu and cramps to bed wetting weight reduction and warts This is the most complete collection ever published on the subject Amazon      **Folk Remedies** Paul Bergner, David J. Hufford, 1998 Home Remedies presents a historical perspective of American folk medicines as have been passed down from generation to generation and why they are still viable today The perfect manual for those seeking a less cold and clinical approach to their health Features many informative photos and illustrations      *Cure Craft* Keith Souter, Keith M. Souter, 1995 The history of folk medicine meant to be a book for people to use

## Unveiling the Energy of Verbal Art: An Mental Sojourn through **Readers Digest North American Folk Healing An Az Guide To Traditional Remedies**

In some sort of inundated with displays and the cacophony of instant transmission, the profound energy and emotional resonance of verbal artistry usually fade into obscurity, eclipsed by the regular barrage of sound and distractions. Yet, located within the lyrical pages of **Readers Digest North American Folk Healing An Az Guide To Traditional Remedies**, a captivating work of literary brilliance that impulses with raw feelings, lies an remarkable trip waiting to be embarked upon. Published by way of a virtuoso wordsmith, this interesting opus books visitors on a psychological odyssey, lightly exposing the latent potential and profound influence stuck within the delicate web of language. Within the heart-wrenching expanse with this evocative analysis, we will embark upon an introspective exploration of the book is key themes, dissect its charming writing design, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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