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OF

NATURAL HOME REMEDIES

HUNDREDS
OF SIMPLE HEALING
TECHNIQUES FOR
EVERYDAY ILLNESS
AND EMERGENCIES

By Mark Bricklin

EXECUTIVE EDITOR, PREVENTION[®] MAGAZINE

AUTHOR OF THE BEST-SELLING
PRACTICAL ENCYCLOPEDIA OF NATURAL HEALING

MY BOOKSHELF

Rodales Encyclopedia Of Natural Home Remedies

Denison Hatch



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Rodale's Encyclopedia of Natural Home Remedies Mark Bricklin,1958-08-15 Explains how to use herbs vitamins and folk medicine to treat a variety of ailments **100 Natural Remedies for Your Child** Jared M. Skowron,2011-08-02 Americans spend 34 billion dollars annually on alternative medical therapies and products Not only are we seeking out natural remedies for ourselves increasingly we re also looking for ways to cut down on the amount of medication given to our children In 100 Natural Remedies for Your Child pediatric naturopath Dr Jared Skowron shows parents how to prevent and treat their children s illnesses from common ailments such as upset stomach headaches and minor infections to more serious problems like food allergies diabetes and asthma While there is a time and place for conventional medicine natural solutions especially diet can be effective strategies for treating many of our children s ailments 100 Natural Remedies for Your Child includes FOODS THAT HEAL Dietary change is the core lifestyle modification in naturopathic medical practice Dr Skowron shows parents the power of nutrition and reveals how foods can help prevent and treat disease TOXIC DETOX From pesticides to plastics natural medicine offers safe and proven methods for removing environmental toxins from our children s bodies SUPPLEMENTATION Parents will learn which supplements are helpful for alleviating symptoms or preventing illness and what dosages are safe and effective ALTERNATIVE REMEDIES Instead of heading to the drugstore for an over the counter remedy when their child is ill parents will learn how to use homeopathic remedies that save money and heal their child naturally **Llewellyn's Book of Natural Remedies** Vannoy Gentles Fite,2020-04-08 Discover Hundreds of Holistic Remedies and Wellness Tips Llewellyn s Book of Natural Remedies shares a powerful integrative approach to healing and living a more natural life Author Vannoy Gentles Fite shares effective remedies for more than a hundred ailments exploring contemporary and traditional techniques using common everyday ingredients Integrative medicine combines natural holistic approaches with mainstream medicine In this book each ailment includes treatments using essential oils herbs Ayurveda and home remedies The recipes are easy to locate based on your specific needs and they include materials you can typically find in your home From balms and baths to tinctures and wraps these outstanding remedies will support your healing process as you live your best possible life One of BookAuthority Org s 19 Best Holistic eBooks to Read in 2020 **Healing Alternatives for Beginners** Kay Henrion,2000 This book written by a registered nurse gives people a starting place for their journey into taking responsibility for their own health It answers questions in layman s language regarding meditation and visualization diets and vitamins herbs homeopathy therapeutic touch the aging process AIDS even natural healing for pets It is full of anecdotes and examples from the author s own life and the lives of her patients **Natural Beauty Basics** Dorie Byers,2013-04-11 Every day television and magazine ads tell us that beautiful skin and hair are available only through the use of expensive brand name products But the fact is that you can attain a radiant healthy appearance by using products made inexpensively at home That s what Natural Beauty Basics is all about First author Dorie Byers guides you to the

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