



Natural Remedies for Healthy Living: Over 1000 Smart Solutions to Help You Live Better Today

By -

Reader's Digest Association, United States, 2012. Paperback.
Book Condition: New. Original. 249 x 196 mm. Language: English . Brand New Book. From over-the-counter medications to convenience food, from household cleaners to pest repellents, new consumer products are introduced every day that promise to make our lives simpler. But do we really need them? You and your family can live a better life with less stress, fewer chemicals, and virtually no toxins when you adopt the old ways of doing things. It's not about harking back to a nostalgic past, but about presenting old-fashioned methods in such a way that they can be easily implemented in today's fast-paced world. Treat and prevent health problems with safe and timeless remedies such as drinking ginger tea (recipe included) to combat acid reflux or using a verbena wrap to soothe back pain. Administer First Aid and know what methods are truly outdated. A first-degree burn can be treated with a salve of Aloe vera or fresh sauerkraut, but never with butter-that can be a breeding ground for bacteria. Reduce the signs of aging-with tried-and-true, homegrown potions and tips like rub age spots with papaya to help stimulate the growth of...



READ ONLINE
[3.92 MB]

Reviews

A top quality publication along with the font used was intriguing to read. I really could comprehend everything using this written e book. Its been designed in an remarkably straightforward way and it is only after i finished reading through this publication by which basically altered me, modify the way i believe.

-- Cathrine Larkin Sr.

Very useful to all of group of people. I actually have read through and so i am certain that i will planning to study yet again once again down the road. I am just very easily can get a satisfaction of looking at a created book.

-- Mark Bernier

See Also



Hope for Autism: 10 Practical Solutions to Everyday Challenges

Seaborough Enterprises Publishing, United States, 2015. Paperback. Book Condition: New. Initial ed.. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Hope for Autism: 10 Practical Solutions to Everyday Challenges, provides answers to the many questions...



California Version of Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package

Pearson, United States, 2015. Loose-leaf. Book Condition: New. 10th. 249 x 201 mm. Language: English . Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies other than Pearson, the access codes for...



ESV Study Bible, Large Print (Hardback)

CROSSWAY BOOKS, United States, 2014. Hardback. Book Condition: New. Large Print. 249 x 178 mm. Language: English . Brand New Book. The ESV Study Bible, Large Print edition transforms the content of the award-winning ESV Study Bible into a highly readable, large-print...



The Adventures of a Plastic Bottle: A Story about Recycling

SIMON SCHUSTER, United States, 2009. Paperback. Book Condition: New. Children s Tk, Pete Whitehead (illustrator). Original ed.. 203 x 196 mm. Language: English . Brand New Book. Learn about recycling from a new perspective! Peek into this diary of a plastic bottle...



Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...



Children s Educational Book Junior Leonardo Da Vinci : An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English]

Createspace, United States, 2013. Paperback. Book Condition: New. 248 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...