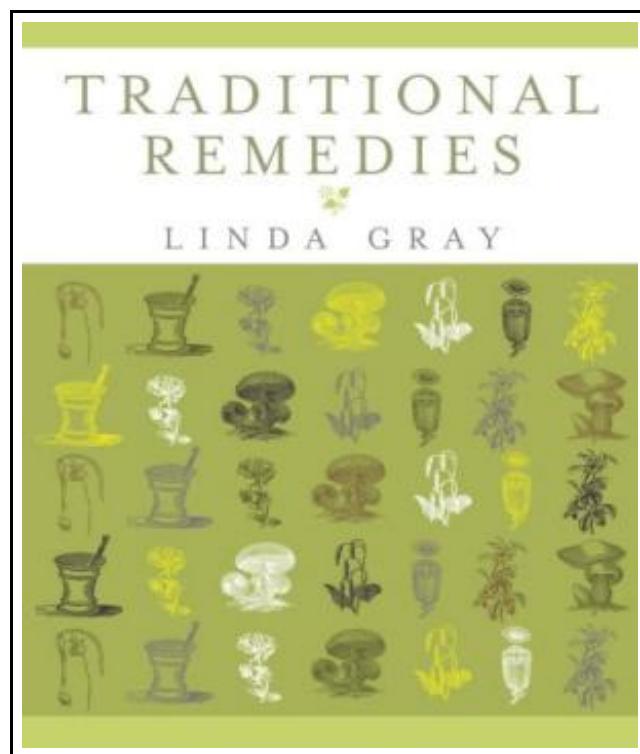


Traditional Remedies



Filesize: 8.14 MB

Reviews

*Completely essential go through ebook. It can be written in basic phrases and never difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Jessy Collier)*

TRADITIONAL REMEDIES

[DOWNLOAD](#)

Ebury Publishing. Hardback. Book Condition: new. BRAND NEW, Traditional Remedies, Linda Gray, Long before the discovery of modern medicines, families used remedies based on plants to treat everyday illness. Now there's a tremendous revival of interest in these home remedies. Not only are they often gentler than manufactured drugs, but many of them are now known to be effective too. This handy little book is packed with advice and recipes, including sections on: aches and pains - compresses, teas and rubs that will soothe joint pains and headaches; coughs, colds and fevers - tried and tested ways in which families have relieved the symptoms of both colds and flu - without antibiotics; stress - gentle remedies that will help promote relaxation; insomnia - practical advice and remedies for the sleep deprived; circulation - safe ways to stimulate blood flow and relieve conditions such as varicose veins, cramp and chilblains. It also includes sections just for women - folk remedies designed to sort out the ups and downs in the menstrual cycle, help with nursing and childbirth and smooth the passage of the menopause; and alternative first aid - a short list of natural ingredients to add to a first-aid kit. In addition, Linda Gray reveals the secrets to achieving bright eyes, clear acne-free skin, healthy digestion, and a good night's sleep. A handy pocket reference book you will turn to again and again, "Traditional Remedies" is full of tips and advice on how to look and feel great - naturally.

[Read Traditional Remedies Online](#)[Download PDF Traditional Remedies](#)

Other Kindle Books



Dating Advice for Women: Women's Guide to Dating and Being Irresistible: 16 Ways to Make Him Crave You and Keep His Attention (Dating Tips, Dating Advice, How to Date Men)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Dating advice for women Sale price. You will save 66...

[Read Document »](#)



Johnny Goes to First Grade: Bedtime Stories Book for Children's Age 3-10. (Good Night Bedtime Children's Story Book Collection)

Createspace, United States, 2013. Paperback. Book Condition: New. Małgorzata Gudziuk (illustrator). Large Print. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Do you want to ease tension preschoolers have...

[Read Document »](#)



Slave Girl - Return to Hell, Ordinary British Girls are Being Sold into Sex Slavery; I Escaped, But Now I'm Going Back to Help Free Them. This is My True Story.

John Blake Publishing Ltd, 2013. Paperback. Book Condition: New. Brand new book. DAILY dispatch from our warehouse in Sussex, all international orders sent Airmail. We're happy to offer significant POSTAGE DISCOUNTS for MULTIPLE ITEM orders.

[Read Document »](#)



Cat's Claw ("24" Declassified)

Pocket Books, 2007. Paperback. Book Condition: New. A new, unread, unused book in perfect condition with no missing or damaged pages. Shipped from UK. Orders will be dispatched within 48 hours of receiving your order....

[Read Document »](#)



It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em, Greg Behrendt, Amiira Ruotola-Behrendt, A fabulous new guide to dating...

[Read Document »](#)