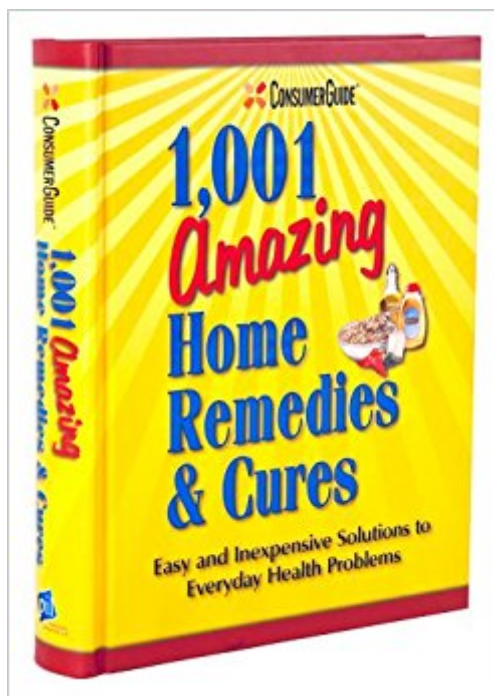


The book was found

Consumer Guide's 1,001 Amazing Home Remedies & Cures



Synopsis

1,001 Amazing Home Remedies & Cures, from the experts at Consumer Guide, is packed with practical and cost-effective ways to treat common health problems at home. This invaluable book provides help for coping with everything from allergies to yeast infections, using common products that you probably have on hand. You'll discover easy and inexpensive solutions to more than 90 everyday health problems. Many of the remedies have been used for generations; others are more recent cures, based on the latest scientific information. The remedies in 1,001 Amazing Home Remedies & Cures are a lot less expensive than a doctor visit or prescription medication. Much of what ails you can be treated or prevented with items you have at home. For example: Treat a burn with honey. It draws fluid out of the tissues, which cleans the wound and speeds healing. Can't stop hiccupping? Place your finger in your ear. This recalibrates the action of the irritated nerve that causes hiccups. Douse the itch that results from hives with a milk compress. Each profile gives a short explanation of the causes and symptoms of the condition, then provides remedies categorized by type: dietary remedies, herbal remedies, lifestyle remedies, and more. The profiles also tell you when to forgo home remedies and seek professional help. To enhance the content, the book brims with fascinating facts, enlightening statistics, and unusual stories. 1,001 Amazing Home Remedies & Cures includes a wealth of practical ways to ease discomfort, treat ailments, and prevent problems in the first place. Among the conditions that are addressed: Allergies Back pain Canker sores Diaper rash Dry skin Eye puffiness Fever Heartburn Insomnia Laryngitis Motion sickness Nausea and vomiting Postnasal drip Sore throat Warts

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Customer Reviews

This book has a wealth of information about healing whatever ails you. It is well-written, interesting, and easy to understand. It's fun to just pick up and read different sections, and will also be used as a reference book.

Very informative.. some stuff is common sense, but it's still a fun and interesting book. Would recommend.. I keep it on my coffee table

There were several large 'chunks' of pages missing.

I'm enjoying all the info it provides.

Good

Love it. Had one growing up. Very usefull. I think everyone should own one, or something like it.

Good choice

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