



500 Time-Tested Home Remedies and the Science Behind Them: Ease Aches, Pains, Ailments, and More with Hundreds of Simple and Effective at-Home Treatments

By Linda B. White

Fair Winds Press. Paperback. Book Condition: New. Paperback. 512 pages. Dimensions: 9.1in. x 7.5in. x 1.3in. Try These Timeless Treatments Supported by Cutting-Edge Science! Look no further! From insect bites, insomnia, and upset stomach to nasal congestion, stress, and heart health, this authoritative and comprehensive guide offers easy, effective recipes to bolster your resistance to illness, ease aches and pains, and manage minor ailments naturally. The authors explain the science behind these remedies, debunk common myths, and let you know when to call the doctor. In addition, they provide a blueprint of wellness for you and your family. This book's 500 recipes contain readily available, inexpensive, and safe ingredients--many that you will find within your cupboards or at the grocery store. For instance: -Dab on tea tree oil to clear up acne-Gargle with sage and thyme tea to combat sore throat-Engage in mindfulness exercises for weight loss-Eat chia seed to help with hay fever-Whip up a calendula salve for diaper rash-Heal dry skin with coconut oil-Lift mood with a gratitude journal-Take elderberry syrup for influenza-Apply aloe vera gel and peppermint essential oil to sore muscles This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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