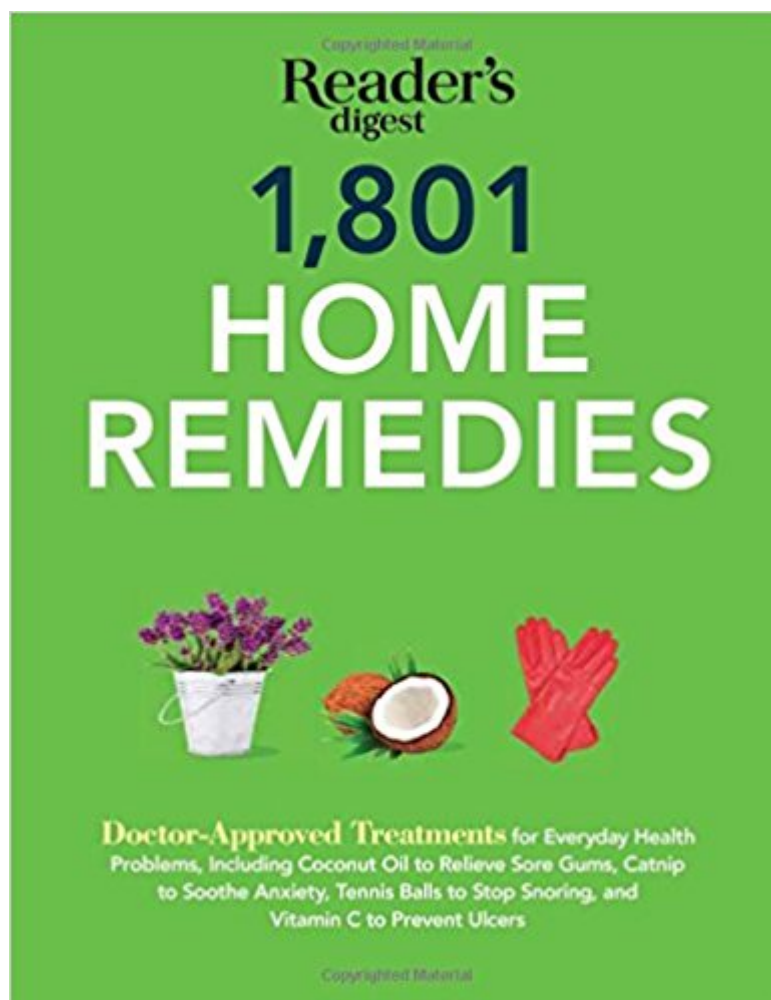




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# **1801 Home Remedies: Doctor-Approved Treatments For Everyday Health Problems Including Coconut Oil To Relieve Sore Gums, Catnip To Sooth Anxiety, ... C To Prevent Ulcers (Save Time, Save Money)**





## Synopsis

Doctor-approved do-it-yourself treatments for more than 100 health complaints! You don't have to run to the doctor for every bruise, backache, cut, or cold. Chances are, the solution you need is right at hand. From bee stings to bunions, heat rash to hiccups, warts to wrinkles, here are doctor-approved treatments for more than 100 health complaints—remedies that are easy, safe, clever, and effective. Learn how to use: • ginger to reduce arthritis pain • acupressure to ease a toothache • tennis balls to stop snoring • crushed aspirin tablets to soften a corn • dandelion to flush out kidney stones • a mustard footbath to ease a headache plus discover the 20 Top Household Healers you should keep on hand for emergencies, from aloe vera to baking soda to zinc. Long before the age of high-tech medicine, people healed themselves at home using time-tested techniques. With the help of our board of medical advisors and modern-day scientific research, Reader's Digest has selected the very best herbs, foods, and household healers to help you feel better fast, without expensive drugs and with fewer side effects.

## Book Information

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My husband is the beneficiary of this book as a Christmas gift. He has been avidly reading it since opening it and comments frequently about the information he is learning. He has found it easy to look up various remedies for subjects of interest, for example: what to do about water retention in the lower extremities; whether or not it is wise to take certain vitamins when on prescription blood thinners, etc. He has read answers so far to many questions and their suggested alternatives. 1801 Home Remedies will be a great resource that seems to address a variety of important treatments for health issues. Thank you for shipping it timely as promised. It arrived in perfect condition.

I would recommend this booklet to everyone interested in doing as much home health care as possible. I am a believer that we can help ourselves first before running to the doctor. I'm not against going to the doctor, but if you can ward off something by following some of their remedies, you might be surprised at how easy it is to take care of yourself, or some of your little ones. But, again I would never tell anyone not to go to a doctor if their situation is dire.

I bought this as a gift for my grandma in March and her birthday was in April... By the time we gave it to her, I thought it was going to look used from my husband reading it so much!!! We loved reading all the different remedies and they were laid out in a very clear, easy to find manner. Coming from the "country" we knew some of these already and felt we had pretty good knowledge of these things already but there were some totally new and exciting tips and tricks in the book. Definitely get this, even if its just for a coffee table conversation starter!

This is an interesting book with some original ideas. It is a very easy read and is well laid out. I like some of the tips that they give you and it even has some recipes. Some of the ideas could be very handy when you don't have conventional first aid supplies available. This is a good book for prepper and campers. It is a good book for the money.

Thus, I just whatever I think of:- The book lists all the remedies in alphabetical order. It's easy to search for a cure when you need it.- Use as reference. There is no way I can remember everything,

so do you.- I tried to cure my Hiccup as the book suggested. It REALLY works. Since the price is not expensive and you will get a lot of tips from the experts. I recommend you to buy this book.

This book is part of my kitchen library and I reference it at least weekly. Logically written, alpha order by "ailments", with so much important information and the "remedies" are found in our everyday grocery items, you can't beat that. I am an advocate of homeopathic (mind-body) medicine and this book offers simple solutions that work - a good way to try weaning out of the pharma meds. And who knew that "wet socks" would bring down a fever?! Yes, it does! I recommend this book to anyone who just wants to try the safest approach without the side effects.

I like this book, but I was looking more for natural and herbal cures for things. The book is very informative, and covers a lot of different areas, but it was not exactly what I was looking for. I still use the book, and it is helpful- just not what I thought I was buying.

Every year I purchase silly/useful gifts for friends and family. I purchased this one for my neice who is in college and always looking for the "home" remedy for things. This book is pretty good. It seems to offer pretty sage advice and does refer you to medical professionals when it's beyond a home treatment. I think she will enjoy reading it! It arrived quickly and in good shape.

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