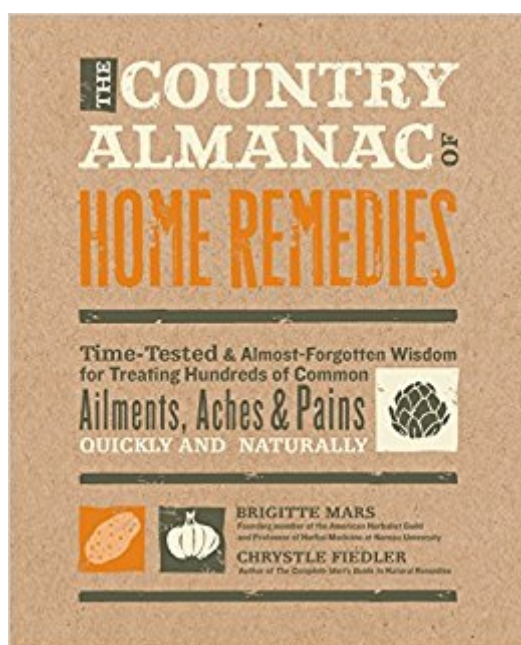


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The Country Almanac Of Home Remedies: Time-Tested & Almost Forgotten Wisdom For Treating Hundreds Of Common Ailments, Aches & Pains Quickly And Naturally



Synopsis

Natural Wisdom for Curing Every Ache, Pain, and Ailment As little as a few decades ago, folk remedies were a part of everyday life. More often than not, our grandparents would go to their garden or kitchen pantry before they went to a doctor to treat everyday health complaints. Today, scientific studies are proving what Grandma knew all along--natural remedies are oftentimes just as effective as modern cures, have fewer side-effects, and cost just pennies. Moreover, natural remedies have stood the test of time. Peppermint has been used to soothe upset stomachs long before Pepto-Bismal and ginger has been used for its antibiotic properties for thousands of years in Asian medicine. Learn how to quickly and naturally treat over 100 common conditions with everyday cures:-Use Apple Cider Vinegar and Honey to break up congestion-Black or Green Teabags will take the sting out of a bad sunburn-Drink Beet, Celery, and Cucumber juice to soothe a shingles outbreak.-Inhale oil of Geranium to calm a hot flash-Apply a Witch Hazel compress to treat varicose veins-Pumpkin Seeds improve male potency-Burnt Toast soaks up internal toxins-Epsom Salt bathes heal the lymphatic system Filled with thousands of surprising cures, each entry gives multiple remedies for each condition from herbs, to healing foods, to acupuncture and yoga poses. Hundreds of step-by-step illustrations show you the right way to administer a treatment from making herbal tinctures to applying a poultice. Dosage guidelines are given for every remedy as well as safety guidelines, contraindications, and when to call a doctor.

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Customer Reviews

Brigitte Mars is an herbalist with over 35 years' experience in natural medicine and a founding member of the American Herbalist Guild. She lived for two and a half years on solely wild edible plants while living in a teepee in the Ozarks. She has taught herbal medicine at noted wellness institutions including Omega Institute, Naropa University, Esalen Institute, and Kripalu. She has been featured on Dateline and blogs about herbs and natural food for the Huffington Post. Chrystle Fiedler is the author of over a hundred articles on health topics for many national publications including Woman's Day, Better Homes & Gardens, Prevention, Natural Health, Arthritis Today, Remedy, Medicine's Health Living, Spirituality & Health, The Health Monitor Network, Great Health, Vegetarian Times, Bottom Line/Women's Health, Heart Healthy Living and Health magazine.

I saw this book in the store and flipped through it. I was astounded at the detail and depth of treatments that the book offered. I was wrestling with myself on buying the book then and there (it is THAT good) but it was almost double the price. This book is absolutely fabulous. It covers every single kind of issue that you or your family could have. I like to think of the book itself as an elderly grandmother who takes you into her kitchen and points out things you never would think of using and shows you how to cure the people you love. It also gives you pointers on when you should go see a doctor if an issue is too grave for you to handle. This is the kind of book that you might even want to carry in your car, your home, your vacation home, your boat even. It's so versatile. There are even basic survivor pointers such as "Spider webs contain a coagulating substance that can be applied to cuts." The only part that I don't agree with (just my opinion) is the ear candling. I just am not a fan of it. To some people it works while others have gotten horribly burned. I am not going to fault the book in my rating though because there is a wealth of other topics which are valuable. Some topics covered: coughs, colds, erectile dysfunction, women's issues (breast feeding, menstruation, menopause), cuts, nosebleeds, yeast infections, fungus issues, ear ailments, heat/sunstroke, fainting, hypothermia, poison exposure, bruises, how to stop bleeding, anorexia/bulimia, and many many more topics. This book goes beyond first aid and seeks to aid real life issues with practical holistic applications. The idea of thriftiness is also a huge aspect of this book as it gives "Thrifty Tips" on how to use household items to remove splinters or treat other issues. One thing I do recommend getting if you do purchase this book (and don't already have it) is tea tree oil. Many treatments in the book call for it as it is an antiseptic and antifungal. It's something to always have on hand like bandaids and neosporin. All in all I HIGHLY recommend this book and will be giving it to family and friends for Christmas.

This book was a christmas gift. It is chok-full of helpful information and goes into just about anything you could think of from the common cold to burns, skin problems, dandruff and hair issues, feminine issues, even cleaning products, etc. The only reason I did not give this five stars is because the information in it, while helpful, is not presented very clearly and can sometime be confusing and hard to understand. Not the best presentation of information, but overall very helpful and handy to have around.

Really awesome resource to have on hand. I spent a good portion of one evening just reading through and absorbing the info. It's well written, well organized and loaded with so many remedies. Most of the "illnesses" you will search for have more than one remedy to try. Definitely recommend.

If you are a person who DOES NOT run to the doctor whenever you have an ache or pain; then THIS book is for YOU!! If you are interested in NATURAL, HOLISTIC HEALING; THIS book is for YOU!! There's a section on ADHD and how to combat it; NATURALLY.... WITHOUT PHARMACEUTICAL DRUGS!! Most of this knowledge had been lost through generations, I'll share this with my family. REEEEEALLY needed this!! Five (5) stars!!

We've started reading this book for suggestions to common ailments before going to the internet. It has great ideas that so far have been really effective against colds, tooth aches, and cramps.

most of these do work . I was impressed

Nice hardcover book. I've used several recipes for various ailments and they work. I also enjoyed the various side and bottom notes such as "Skip This, Good To Know and Cures From Grandma's Kitchen. It's full of various herbal remedies and other concoctions. Great book to have around the house in times of need!

I really enjoy this book and reference it often. I even use it to assist me in raising my animals here on the farm. The way she lays out each discussion, makes things easy to follow. You will find yourself going back to it time and again if you are attempting to be more natural concerning your health.

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