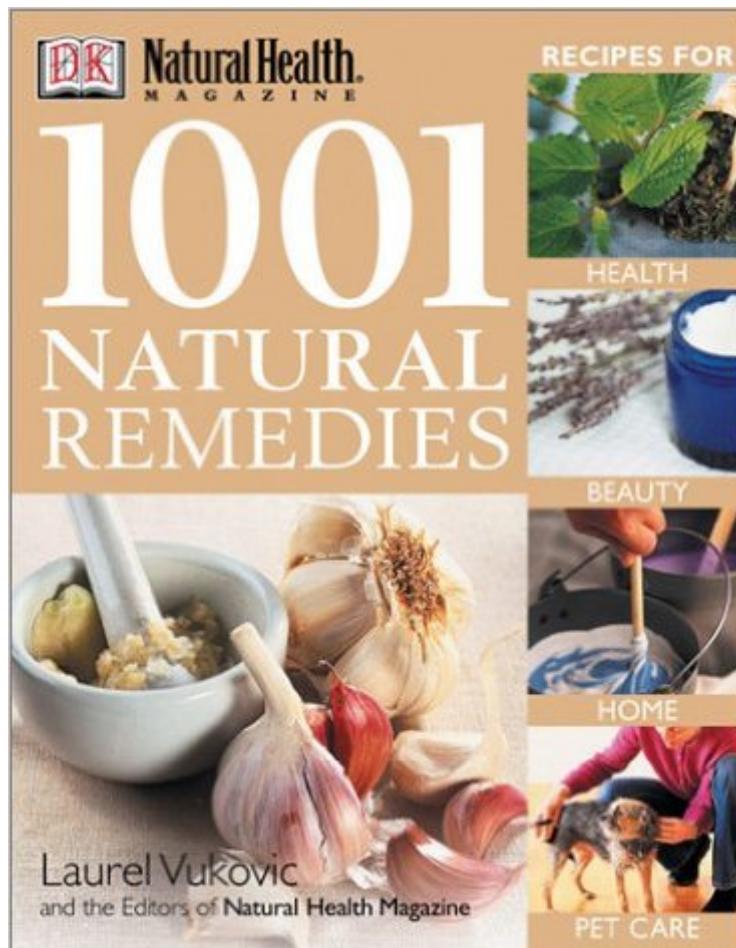


The book was found

# 1001 Natural Remedies (DK Natural Health)



## **Synopsis**

An inspiring compendium brimming with tried and tested homemade concoctions for every domestic need, 1,001 Natural Remedies explains how to treat common ailments, how to have radiant skin, restore scuffed furniture, remove stains and protect delicate plants all without resorting to commercial cleaners, polishes, bleaches, and medicines.

## **Book Information**

Series: DK Natural Health

Paperback: 192 pages

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Product Dimensions: 7.2 x 0.6 x 9.2 inches

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Average Customer Review: 4.6 out of 5 starsÂ  See all reviewsÂ  (23 customer reviews)

Best Sellers Rank: #825,272 in Books (See Top 100 in Books) #51 inÂ  Books > Health, Fitness & Dieting > Alternative Medicine > Reference #72 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Reference #616 inÂ  Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy

## **Customer Reviews**

This beautifully illustrated book provides valuable information on natural remedies for health, beauty, home and pet care. The chapter Natural Health Remedies contains information on herbal teas, compresses and quick tips on improving one's well-being. Natural Beauty tells the reader how to make creams, masks, shampoos, massage oils, bath salts, aftershaves and lip balms from natural products. Natural House and Garden explains how to make your own air fresheners, furniture polishes, kitchen and bathroom cleaners and garden sprays from environmentally friendly ingredients. Natural Pet Care provides hints, tips and information on remedies with natural ingredients to keep the cat and the dog healthy and happy and to treat common ailments of pets. The text is enhanced by full colour illustrations and the book concludes with a list of resources and an index.

I first borrowed a copy of "1001 Natural Remedies" from a friend, then realized it would be a good

reference to have on hand. I'm getting good value for the price, as the recipes are concise and well-categorized. Eventually, you realize that the same 7 ingredients seem to make up the majority of these recipes. For the most part, one trip to the natural foods store will have you ready to concoct lip balm, stress-relieving bath salts and itchy scalp. It would be nice to have some specific product recommendations, as opposed to "use an unscented, natural shampoo". On the other hand, the author helpfully alerts you to recipes that will be messy. The photos are very nice, and made me check out things I might have ignored otherwise.

This is a cool book to browse and get a few good ideas. 1001 is a stretch - a lot of the "remedies" are common sense stuff...I think "get enough sleep" is in every chapter and counts as a different remedy. However, I found the directions easy to follow and the ingredients more or less easy to come by. I will definitely use some of the concoctions in this book, and so far I've found that the information is accurate. I wish you could buy it through Prime in the U.S. I would imagine this makes a great gift along with some essential oils and dried herbs.

I highly recommend this book. It is very comprehensive and easy to read. Every health or home-care issue I've thought of that I'd like a natural remedy to seems to be addressed in this book. The remedies are all simple to do/create. The layout also is very user-friendly and colorful.

I love my book I use it on a daily basis for all my needs. I had this book 6 years ago I ordered 3 more off of for friends and family. It has everything in it that I don't have to look for in other books. Don't need a Dr. this book has it all for me and more on pets n house! I love this book and its a must book for most families. Giving it for gifts this year and next year....

I had a couple of copied pages from this book but decided I needed this book in its entirety. 1001 Natural Remedies covers it all, personal hygiene, home, etc. If you want to be chemical/toxin free, I recommend this book.

Book in excellent condition except for pages 20 and 21, which were stuck together with a sticky substance. I managed to pull the pages apart without tearing them. But there is an oval kind of shape of sticky stuff on page 21 that I have been able to remove. There are four smaller spots of a sticky substance on page 20 that I have been unable to remove. So the pages keep sticking together. As the rest of the book is in such excellent condition, this is very disappointing.

LOVE LOVE LOVE this book!!!! We go to it for so many things!!!! I've made a lot of the house cleaners and the furniture cleaner and they work wonderfully. I love that we have a all natural way to take care of ourselves and our home.

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