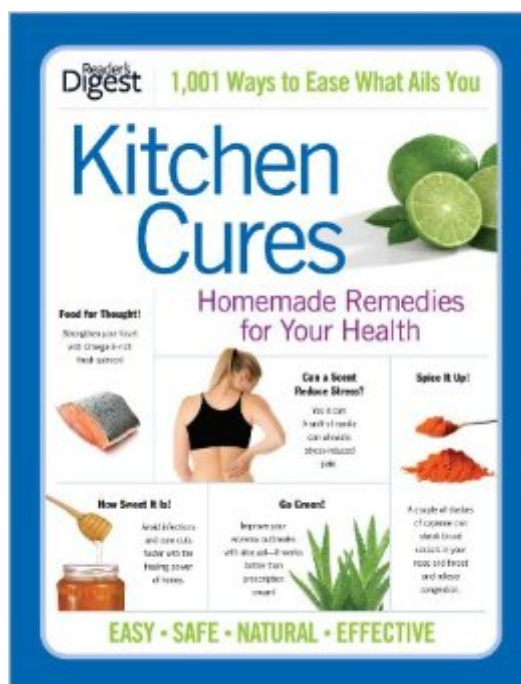


The book was found

Kitchen Cures: Homemade Remedies For Your Health



Synopsis

Did you know that home remedies often rival or even exceed the healing power of drugstore medicines? The proof is in: Recent studies have shown that aloe gel improves psoriasis better than prescription cream; walnuts and canned fish lower cholesterol levels; green tea can help you lose weight; and more. Kitchen Cures brings the proven remedies of yesteryear into the homes of today! New research is revealing the most effective ways to use ginger, lemon, spices, olive oil, and hundreds of other timeless kitchen staples for health and healing, much as our grandparents once did. And it's all gathered here in one comprehensive, practical guide. Inside, you'll find: An A-to-Z guide to the natural medicines on your kitchen shelves- including aloe, baking soda, and wheat germ The 31 most useful kitchen pantry healers-oatmeal, cinnamon, red wine and honey all make the list How to use kitchen staples to look and feel great-improve your memory, boost your energy level, and bolster your immunity Smart ways to ease what ails you-solutions for asthma, eczema, the flu, and depression This book is your comprehensive guide to natural healing at home. Here are more than 1,000 remedies for the most common health ailments and conditions. Save money, save time, and heal faster and safer. This book shows you everything you need to know to be a savvy home healer.

Book Information

Paperback: 384 pages

Publisher: Readers Digest (September 1, 2011)

Language: English

ISBN-10: 1606523309

ISBN-13: 978-1606523308

Product Dimensions: 7.8 x 0.8 x 10 inches

Shipping Weight: 2.5 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (9 customer reviews)

Best Sellers Rank: #1,146,352 in Books (See Top 100 in Books) #94 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Reference](#) #1184 in [Books > Health, Fitness & Dieting > Reference](#) #1349 in [Books > Crafts, Hobbies & Home > Home Improvement & Design > How-to & Home Improvements > Do-It-Yourself](#)

Customer Reviews

If your grandmother or some other all-knowing friend or relative has ever advised you on how to heal some malady you will probably find it in here; although one of our family remedies, using loose

tobacco for bee stings (which really works) is missing - but maybe tobacco isn't supposed to be in the kitchen. Otherwise there are over a thousand remedies that Reader's Digest says they have found that have passed the test of time and have ingredients commonly found in the kitchen pantry. These also had to be simple, not complicated or risky. There are cautions in the beginning that really should be emphasized more often throughout the book on; if you are pregnant, taking prescription medicine, have a serious health condition, etc. There are frequent warnings about when to call a doctor, which is good, since these are not substitutes for seeking medical help for malingering problems...but many certainly help in the short run. The book contains four sections; one- giving an A-Z guide on natural medicines on your kitchen shelves, two- using your kitchen pantry to help your health and appearance, part three lists ailments in alphabetical order from acne to yeast infections and various ways to cure the problem, part four gives tips on practical home healing. There is an excellent index which gives ingredients and health problems. I have used some that have worked and some that haven't, but yet have had others swear by them. Using dried cherries for gout has been successful for several members of my family, honey for hiccups, tonic water with quinine for leg cramps; apples for nausea are some of the time proven ones that have worked for us.

[Download to continue reading...](#)

Kitchen Cures: Homemade Remedies for Your Health Natural Remedies for Dogs : 101 Safe & Natural Essential Oils' Remedies for Your DOG: (Natural Remedies For Dogs, Essential Oils Remedies For Dogs, Natural Dog Care, Recipes For Dogs, Home Remedies) 21 Home Remedies Exercises and Natural Cures for TMJ Treatment: Holistic Home remedies and natural cures for treatment of Temporomandibular Joint (TMJ) pain and its allied symptoms. Alternative Medicine Made Easy: How to Use Simple Homemade Remedies to Stay Healthy and Disease-Free (Herbal Remedies, Alternative Medicine, How to Use Herbal Remedies,) High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High BI) Soap Making: How To Make Homemade Soap: 32 Easy DIY Homemade Soap Recipes for Home (Homemade Body Butter Recipes and Soap Book 1) Homemade Repellents: 21 Natural Homemade Insect Repellents for Mosquitos, Ants, Flies and all the other Pests (Travel Insect Repellent, Organic Insect Repellent, ... Homemade Repellents, Natural Repellents) How to Cure Erectile Dysfunction: Overcoming Erection Problems through Diet, Exercises, and Natural Remedies (Men's Health, Impotence, Sexual Health, Natural Cures, Sexual Problems, ED) Homemade Repellents: 31 Organic Repellents and Natural Home Remedies to Get Rid of Bugs, Prevent Bug Bites, and Heal Bee Stings (Homemade

Repellents, Natural ... Homesteading, How to Get Rid of Bed Bugs) Homemade Repellents :
Ultimate Guide To Homemade Repellents And Natural After Bites Remedies: Safe Organic
Repellents To Keep Away Bugs Like Ants,Mosquitoes,Roaches,Flies,Spiders ... The
Grid,Travel,Aromatherapy,Camping) Organic Home Remedies Vol.2 - The BEST No Prescription
Needed Guide to Using Natural Remedies to Cure and Detoxify Your Self (Organic Home Remedies
Guide, ... Healing, No Prescription Medicines) Essential Oils 2016: 200 Natural Beauty Recipes:
Diffusers, Skin Care Remedies, Weight Loss, Aromatherapy: (Young Living Essential Oils Book,
Natural Remedies) (Home Remedies, Aromatherapy) Prescription for Natural Cures: A Self-Care
Guide for Treating Health Problems with Natural Remedies Including Diet, Nutrition, Supplements,
and Other Holistic Methods, Third Edition Giant Book of Kitchen Counter Cures: 117 Foods That
Fight Cancer, Diabetes, Heart Disease, Arthritis, Osteoporosis, Memory Loss, Bad Digestion and ...
Problems! (Jerry Baker Good Health series) EPSOM SALT: 50 Miraculous Benefits, Uses & Natural
Remedies for Your Health, Body & Home (Home Remedies, DIY Recipes, Pain Relief, Detox,
Natural Beauty, Gardening, Weight Loss) Homemade Shampoo Made Easy: Nourish, Cleanse and
Rejuvenate Your Hair with Organic Homemade Shampoo Recipes Natural Pet Cures: The Definitive
Guide to Natural Remedies for Dogs and Cats Cough Cures: The Complete Guide to the Best
Natural Remedies and Over-the-Counter Drugs for Acute and Chronic Coughs The Doctors Book of
Home Remedies: Quick Fixes, Clever Techniques, and Uncommon Cures to Get You Feeling Better
Fast Chinese System Of Food Cures: Prevention & Remedies

[Dmca](#)