



Kitchen Cures: Homemade Remedies for Your Health

Editors of Reader's Digest

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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.

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Carmine Adams:

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Carla Arbogast:

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Herbert Gist:

The reason? Because this Kitchen Cures: Homemade Remedies for Your Health is an unordinary book that the inside of the e-book waiting for you to snap the idea but latter it will distress you with the secret the item inside. Reading this book close to it was fantastic author who also write the book in such remarkable way makes the content within easier to understand, entertaining technique but still convey the meaning fully. So , it is good for you because of not hesitating having this any longer or you going to regret it. This amazing book will give you a lot of rewards than the other book have got such as help improving your expertise and your critical thinking means. So , still want to hold up having that book? If I ended up you I will go to the book store hurriedly.

Robert Oshea:

What is your hobby? Have you heard that will question when you got scholars? We believe that that query was given by teacher on their students. Many kinds of hobby, Every individual has different hobby. So you know that little person just like reading or as reading through become their hobby. You need to know that reading is very important and book as to be the matter. Book is important thing to add you knowledge,

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