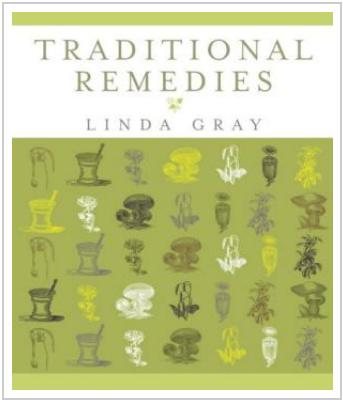

DOWNLOAD PDF

Traditional Remedies (Hardback)

By Linda Gray

Ebury Publishing, United Kingdom, 2007. Hardback. Condition: New. Language: English . Brand New Book. Long before the discovery of modern medicines, families used remedies based on plants to treat everyday illness. Now there s a tremendous revival of interest in these home remedies. Not only are they often gentler than manufactured drugs, but many of them are now known to be effective too. This handy little book is packed with advice and recipes,including sections on: * Aches and pains - compresses, teas and rubs that will soothe joint pains and headaches * Coughs, colds and fevers - tried and tested ways in which families have relieved the symptoms of both colds and flu - without antibiotics * Stress - gentle remedies that will help promote relaxation * Insomnia - practical advice and remedies for the sleep deprived * Circulation - safe ways to stimulate blood flow and relieve conditions such as varicose veins, cramp and chilblains * Just for women - folk remedies designed to sort out the ups and downs in the menstrual cycle, help with nursing and childbirth and smooth the passage of the menopause * Alternative first aid - a short list of natural ingredients to add...

READ ONLINE
[1.96 MB]

Reviews

I actually started reading this article publication. We have read and that i am confident that i am going to planning to study yet again once again later on. You can expect to like how the author compose this pdf.

-- ***Zoe Hilpert***

It is really an remarkable ebook that we actually have ever read through. I actually have study and i also am confident that i am going to gonna study once more yet again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- ***Ewell Rempel***

Related Books

Dating Advice for Women: Women s Guide to Dating and Being Irresistible: 16 Ways to Make Him Crave You and Keep His Attention (Dating Tips, Dating Advice, How to Date Men)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Dating advice for women Sale price. You will save 66 with this offer. Please hurry up! Women...

Johnny Goes to First Grade: Bedtime Stories Book for Children s Age 3-10. (Good Night Bedtime Children s Story Book Collection)

Createspace, United States, 2013. Paperback. Book Condition: New. Malgorzata Gudziuk (illustrator). Large Print. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you want to ease tension preschoolers have before going to school for the first...

There s an Owl in My Towel

Pan MacMillan, United Kingdom, 2016. Board book. Book Condition: New. Main Market Ed.. 187 x 187 mm. Language: English . Brand New Book. Not suitable for children under 1 year of age There s an Owl in My Towel is a beautiful...

Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...

I Believe There s a Monster Under My Bed

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. Shelby L Paul (illustrator). Large Print. 234 x 156 mm. Language: English . Brand New Book ***** Print on Demand *****.Does your child believe that there are monsters hiding in their...

Kindle Fire Tips And Tricks How To Unlock The True Power Inside Your Kindle Fire

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 52 pages. Dimensions: 9.0in. x 6.0in. x 0.1in.Still finding it getting your way around your Kindle Fire Wish you had the answers to all your frequently asked...