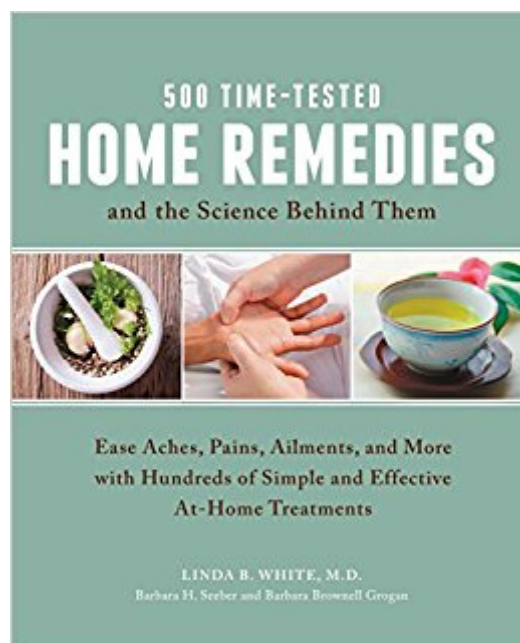




The book was found

500 Time-Tested Home Remedies And The Science Behind Them: Ease Aches, Pains, Ailments, And More With Hundreds Of Simple And Effective At-Home Treatments



Synopsis

Try These Timeless Treatments Supported by Cutting-Edge Science! Look no further! From insect bites, insomnia, and upset stomach to nasal congestion, stress, and heart health, this authoritative and comprehensive guide offers easy, effective recipes to bolster your resistance to illness, ease aches and pains, and manage minor ailments naturally. The authors explain the science behind these remedies, debunk common myths, and let you know when to call the doctor. In addition, they provide a blueprint of wellness for you and your family. This book's 500 recipes contain readily available, inexpensive, and safe ingredients--many that you will find within your cupboards or at the grocery store. For instance: -Dab on tea tree oil to clear up acne -Gargle with sage and thyme tea to combat sore throat -Engage in mindfulness exercises for weight loss -Eat chia seed to help with hay fever -Whip up a calendula salve for diaper rash -Heal dry skin with coconut oil -Lift mood with a gratitude journal -Take elderberry syrup for influenza -Apply aloe vera gel and peppermint essential oil to sore muscles

Book Information

Paperback: 512 pages

Publisher: Fair Winds Press; 1 edition (December 1, 2013)

Language: English

ISBN-10: 1592335756

ISBN-13: 978-1592335756

Product Dimensions: 7.5 x 1.1 x 9 inches

Shipping Weight: 1.9 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 32 customer reviews

Best Sellers Rank: #388,829 in Books (See Top 100 in Books) #137 in [Books > Health, Fitness & Dieting > Alternative Medicine > Homeopathy](#) #306 in [Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy](#) #346 in [Books > Health, Fitness & Dieting > Safety & First Aid](#)

Customer Reviews

"Combine careful sifting of the relevant science, incisive and engaging writing, and a bountiful dose of good sense, and you get 500 Time-Tested Home Remedies and the Science Behind Them.

Every family should have a copy of this terrific book, and every family that does will turn to it often."—David L. Katz, M.D., M.P.H., F.A.C.P.M., F.A.C.P., Director, Yale University

Prevention Research Center—Renders excellent advice regarding natural

treatments for numerous disorders. This excellent book should be a ready reference to everyone interested in natural healthcare. • Len Wisneski, M.D., F.A.C.P., Clinical Professor of Medicine at George Washington University Medical Center

“The authors of this excellent book coax us toward health and joy with practical remedies and recipes to help us thrive. [They] tease apart the tangle of fact from fiction with no-nonsense, real-world information and deliver just what we wish our doctors would tell us.”

• Steven Foster, author, National Geographic’s Guide to Medicinal Herbs, and Chairman of the Board of the American Botanical Council

This book is the essential family first-aid reference that offers fast and effective natural remedies for common ailments. This reference is written by a team of experts, including a medical doctor.

Love this book! Dr. White was a fantastic teacher in college and her book doesn’t disappoint either. I prefer to go the organic route whenever possible, and there are lots of easy solutions, tips, recipes, etc available to try in this book. There are also a lot of explanations on why we experience certain ailments and how to reduce the likelihood of them.

The book is super great, the only thing I was disappointed in was the way it was shipped. It was shipped in a plastic bag, which I understand as for as cutting weight and cost of shipping. They did place a piece of cardboard to protect the front of the book, which it did protect the front of the book. But in shipping, something caught the package and torn the back cover 2.25 inches. I like nice neat books and have been collecting books since I was about 4 years old. I was disappointed to see the back cover torn. I wrote Cherrybooks and suggested they put cardboard on the back side to protect books. I have also decided to now keep a spreadsheet of all my orders and whether they ship books "well protected" in cardboard or are they shipped in "plastic". Being in business, I know most people are looking for the lowest price. I prefer to pay a little more and have the book well protected. I know, it is not Cherrybooks fault that it got damaged in shipping, and I know this is not a normal thing, and I especially know that I am a weird duck in liking well protected books and spending more to have them that way.

looks very interesting, haven’t tried to many recipes, good so far, I like it.

Alphabetically arranged reference book for the kinds of things all parts of our bodies regularly call

our attention to. Dr. White distills the wisdom of our grandmothers backed up by meticulously researched science. She directs us to herbs, obviously, but also to pen and paper (writing also can cure what ails us!) and a pair of walking shoes (stopping to smell the roses-you'd be surprised by the extent of their curative powers.)

This is a wonderfully helpful book with a wide range of useful and reliable remedies and recipes in a readable and well organized format. Throughout it encourages and inspires the reader to take good care of herself, but equally helpful is the section on each ailment that discusses when to call the doctor.

Well written. Gives good info on different remedies I've not seen in other books. Worth the purchase& already had to use a few of these suggested remedy recipes. They truly work well.

Tons of information written in everyday languageand simple to understand. Great tips withoutusing hard drug products with side effects.Love it.

I remembered some of these home remedies from my childhood, wonderful to learn the science behind them.

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

500 Time-Tested Home Remedies and the Science Behind Them: Ease Aches, Pains, Ailments, and More with Hundreds of Simple and Effective At-Home Treatments The Country Almanac of Home Remedies: Time-Tested & Almost Forgotten Wisdom for Treating Hundreds of Common Ailments, Aches & Pains Quickly and Naturally Your Best Pregnancy: The Ultimate Guide to Easing the Aches, Pains, and Uncomfortable Side Effects During Each Stage of Your Pregnancy Doctors' Favorite Natural Remedies: The Safest and Most Effective Natural Ways to Treat More Than 85 Everyday Ailments Santo remedio / Doctor Juan's Top Home Remedies: Cientos de remedios caseros llenos de sabidurÃa y ciencia / Hundreds of home remedies full of wisdom ... (Consulta con Doctor Juan) (Spanish Edition) African holistic Health: Complete Herb Remedy Guide, Dis-ease Treatments, Nutrition, Diet, Wholistic Perspectives, africa Herb Histroy, Self Diagnosis, Charts, Wholistic Sex Laws, Herpes and AIDS Treatments, Cocaine Detox, and Foods That Kill Psoriasis: Psoriasis Treatments:Your guide to natural remedies for psoriasis, eczema and other common skin ailments Engineering Problem-Solving 101: Time-Tested and Timeless Techniques: Time-Tested and Timeless Techniques Kief Preston's Time-Tested Edibles Cookbook:: Medical Marijuana

Recipes CANNABUTTER Edition (The Kief Preston's Time-Tested Edibles Cookbook Series)
(Volume 1) Kief Preston's Time-Tested Edibles Cookbook: Medical Marijuana Recipes Cannabutter
Edition (The Kief Preston's Time-Tested Edibles Cookbook Series 1) Kief Preston's Time-Tested
Edibles Cookbook: Medical Marijuana Recipes COCONUT Edition (The Kief Peston's Time-Tested
Edibles Cookbook Series) (Volume 3) Kief Preston's Time-Tested FASTEST Edibles Cookbook:
Quick Medical Marijuana Recipes - 30 Minutes or Less (The Kief Preston's Time-Tested Edibles
Cookbook Series) (Volume 2) Herbal Medicine Natural Remedies: 150 Herbal Remedies to Heal
Common Ailments Home Gardener's Problem Solver: Symptoms and Solutions for More Than
1,500 Garden Pests and Plant Ailments (Ortho Home Gardener's Problem Solver) It's Not Just
Growing Pains: A Guide to Childhood Muscle, Bone and Joint Pain, Rheumatic Diseases, and the
Latest Treatments Baldness Cure: -ËœGrow Again-Ëœ -â„¢ Home Treatments to Keep
Baldness Away - Prevent baldness, enhance hair growth with healthy diet and combat baldness
with simple home remedies Natural Antibiotics And Antivirals: The Complete Guide To Homemade
Natural Herbal Remedies To Prevent And Cure Infections and Allergies (Home Remedies, Herbal
Remedies, Organic Antibiotics) How to Get Rid of Cellulite: Cellulite Treatments, Exercises,
Prevention & Natural Remedies - On Your Thighs, Stomach and Legs (Natural Remedies For
Cellulite) Healing Remedies, More Than 1,000 Natural Ways to Relieve the Symptoms of Common
Ailments, From Arthritis and Allergies to Diabetes, Osteoporosis, and Many Others! Healing
Remedies: More Than 1,000 Natural Ways to Relieve Common Ailments, from Arthritis and
Allergies to Diabetes, Osteoporosis, and Many Others!

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)