



# **The Country Almanac of Home Remedies: Time-Tested & Almost Forgotten Wisdom for Treating Hundreds of Common Ailments, Aches & Pains Quickly and Naturally**

*Brigitte Mars, Chrystle Fiedler*

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Natural Wisdom for Curing Every Ache, Pain, and Ailment

As little as a few decades ago, folk remedies were a part of everyday life. More often than not, our grandparents would go to their garden or kitchen pantry before they went to a doctor to treat everyday health complaints. Today, scientific studies are proving what Grandma knew all along--natural remedies are oftentimes just as effective as modern cures, have fewer side-effects, and cost just pennies. Moreover, natural remedies have stood the test of time. Peppermint has been used to soothe upset stomachs long before Pepto-Bismal and ginger has been used for its antibiotic properties for thousands of years in Asian medicine. Learn how to quickly and naturally treat over 100 common conditions with everyday cures:

- Use Apple Cider Vinegar and Honey to break up congestion
- Black or Green Teabags will take the sting out of a bad sunburn
- Drink Beet, Celery, and Cucumber juice to soothe a shingles outbreak.
- Inhale oil of Geranium to calm a hot flash
- Apply a Witch Hazel compress to treat varicose veins
- Pumpkin Seeds improve male potency
- Burnt Toast soaks up internal toxins
- Epsom Salt baths heal the lymphatic system

Filled with thousands of surprising cures, each entry gives multiple remedies for each condition from herbs, to healing foods, to acupressure and yoga poses. Hundreds of step-by-step illustrations show you the right way to administer a treatment from making herbal tinctures to applying a poultice. Dosage guidelines are given for every remedy as well as safety guidelines, contraindications, and when to call a doctor.

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