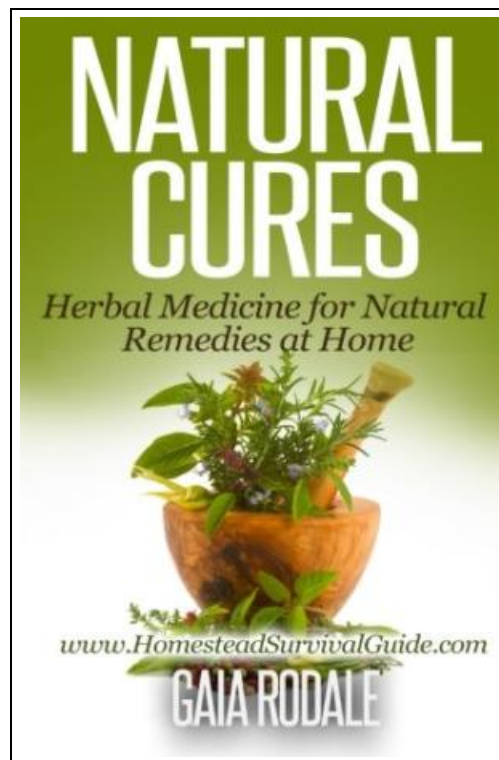


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NATURAL CURES: HERBAL MEDICINE FOR NATURAL REMEDIES AT HOME (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.For thousands of years, women have stocked their homes with herbs, spices, tinctures, infusions, oils, and ointments in order to treat the various illnesses and ailments of their family. With the rapid advances in modern medicine over the past century, though, most of this knowledge and experience has fallen by the wayside. But there is still benefit to be had in learning to grow, make, and use your own herbal remedies. In *Natural Cures: Herbal Medicine for Natural Remedies at Home*, #1 bestselling author Gaia Rodale provides you with the information you need to start making your own herbal remedies. It isn't difficult; you just need a basic understanding of the types of remedies most commonly used, how to make them, and which herbs are beneficial for treating which problems. By the time you're finished reading this concise guide you will be ready to start infusing and decocting on your own. You will learn: -Why herbal medicine is a good fit for your family, especially if sustainability and freedom from the western medical establishment are important to you -The benefits of herbal remedies, and how they can be gentler and more effective than their pharmaceutical counterparts -How to make your own remedies, it's easier than you think -The basic types of herbal remedies and what they are used for -Herbal remedies for treating the common cold, from stuffy noses and sore throats to coughs and congestion -Herbal remedies for treating aches and pains, whether it's general body aches or headaches, there's even an infusion for migraines -Herbal remedies for treating stomach problems, from bloating and cramping, to soothing tummy aches and nausea This guide gives...



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