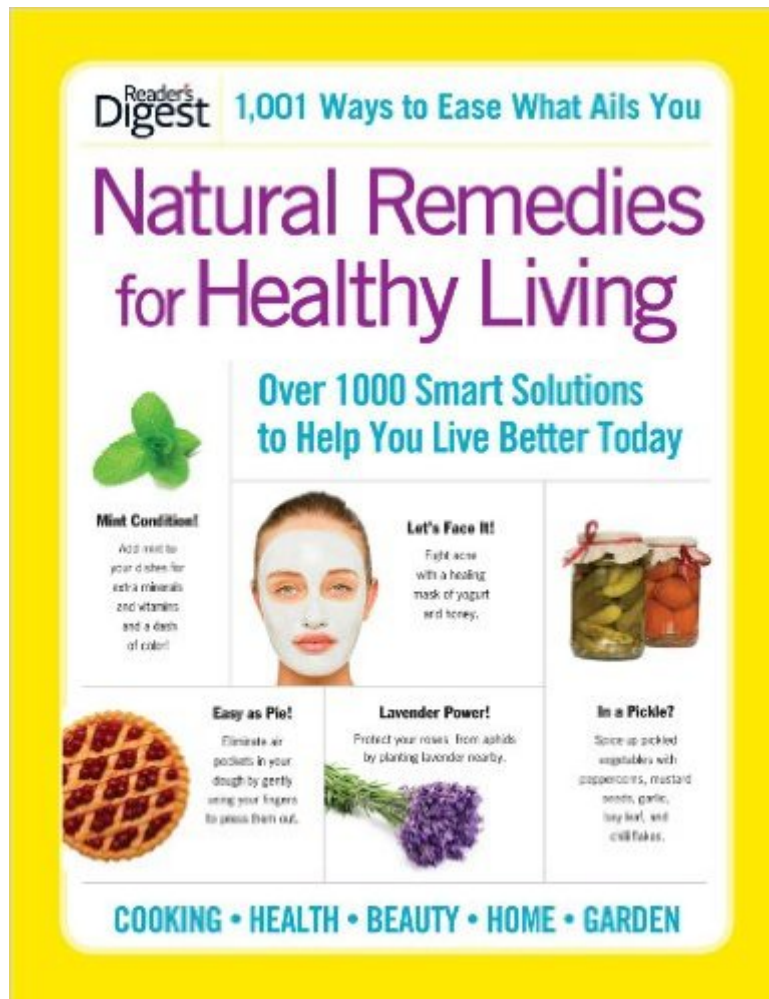


The book was found

Natural Remedies For Healthy Living: Over 1000 Smart Solutions To Help You Live Better Today



Synopsis

Natural Remedies for Healthy Living is a smart guide to help us achieve a healthy lifestyle that covers 1001 ways to ease what ails us including natural vitamins, health remedies, cleaners and gardening. From over-the-counter medications to convenience food, from household cleaners to pest repellents, new consumer products are introduced every day that promise to make our lives simpler. But do we really need them? You and your family can live a better life with less stress, fewer chemicals, and virtually no toxins when you adopt the old ways of doing things. It's not about harking back to a nostalgic past, but about presenting old-fashioned methods in such a way that they can be easily implemented in today's fast paced world. Treat and prevent health problems with safe and timeless remedies such as drinking ginger tea (recipe included) to combat acid reflux or using a verbena wrap to soothe back pain. Administer First Aid and know what methods are truly outdated. A first-degree burn can be treated with a salve of Aloe vera or fresh sauerkraut, but never with butter-that can be a breeding ground for bacteria. Reduce the signs of aging-with tried-and-true, homegrown potions and tips like rub age spots with papaya to help stimulate the growth of healthy cells or apply an aloe and lanolin wrinkle cream to the eye just before bedtime. Reverse and prevent kitchen mishaps: Wrap a cracked egg in aluminum foil before boiling, add a grated carrot to meat broth that is too spicy, and a little canola oil to a pan will prevent butter from burning. Clean faster and safer with ingenious tricks that are environmentally friendly Garden like a pro: Grow bigger blooms, greener grass, and keep your garden pesticide-free using age-old secrets Each chapter ends with a useful round-up on information such as the best materials to keep on hand for the ideal home pharmacy, the best food sources for vitamins and minerals that promote beauty, or tips on keeping a thrifty kitchen. Natural Remedies for Healthy Living steps back into the past to help you achieve a more rewarding way of living today-because the old ways still work best!

Book Information

Paperback: 360 pages

Publisher: Reader's Digest; Original edition (March 1, 2012)

Language: English

ISBN-10: 1606524224

ISBN-13: 978-1606524220

Product Dimensions: 7.7 x 1.2 x 9.9 inches

Shipping Weight: 2.4 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars Â Â See all reviews Â (1 customer review)

Best Sellers Rank: #1,525,623 in Books (See Top 100 in Books) #87 in Books > Health, Fitness & Dieting > Alternative Medicine > Reference #333 in Books > Crafts, Hobbies & Home > Home Improvement & Design > How-to & Home Improvements > Green Housecleaning #1021 in Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy

Customer Reviews

Tells how to clean everything. This book would be a good gift for a wedding shower. Also a money saver!

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

Natural Remedies for Healthy Living: Over 1000 Smart Solutions to Help You Live Better Today
Natural Remedies for Dogs : 101 Safe & Natural Essential Oils' Remedies for Your DOG: (Natural Remedies For Dogs, Essential Oils Remedies For Dogs, Natural Dog Care, Recipes For Dogs, Home Remedies) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) The Illustrated Encyclopedia of Natural Remedies: Over 1000 Natural Remedies for the Prevention, Treatment, and Cure of Common Ailments and Conditions Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) Drop 14 Pounds in 3 Weeks (2nd Edition): Lose Weight, Feel Great, and Live Healthy: Effective Tips to Burn Fat, Get Stronger, and Boost Energy (Live Lean, Live Healthy, Live Happy) Essential Oils 2016: 200 Natural Beauty Recipes: Diffusers, Skin Care Remedies, Weight Loss, Aromatherapy: (Young Living Essential Oils Book, Natural Remedies) (Home Remedies, Aromatherapy) 1000 Lights. 1000 Leuchten. 1000 Luminares 1878 to present (English, German and French Edition) Juice Up Your Life - Juicing Made Easy Guide And Tips, Live Healthy, Live Better, Live Longer! (Juicing Guide, Juicing Recipes) Alternative Medicine Made Easy: How to Use Simple Homemade Remedies to Stay Healthy and Disease-Free (Herbal Remedies, Alternative Medicine, How to Use Herbal Remedies,) Organic Home Remedies Vol.2 - The BEST No Prescription Needed Guide to Using Natural Remedies to Cure and Detoxify Your Self (Organic Home Remedies Guide, ... Healing, No Prescription Medicines) Help Yourself Natural Remedies 3 Book Bible: Pro Immunity Anti Inflammatory - Sleep Better Without Meds - Change Your Posture Naturally (Transform Your Life Naturally) EPSOM SALT: 50 Miraculous Benefits, Uses & Natural Remedies for Your Health, Body & Home (Home Remedies, DIY Recipes, Pain Relief, Detox, Natural Beauty, Gardening, Weight Loss) How to Get Rid of Cellulite: Cellulite Treatments, Exercises, Prevention & Natural Remedies - On Your Thighs,

Stomach and Legs (Natural Remedies For Cellulite) 21 Home Remedies Exercises and Natural Cures for TMJ Treatment: Holistic Home remedies and natural cures for treatment of Temporomandibular Joint (TMJ) pain and its allied symptoms. Natural Remedies For Goat Diseases (Natural Remedies For Animals Series) Apple's Homekit Smart Home Automation System Handbook: Discover How to Build Your Own Smart Home Using Apple's New HomeKit System (Smart Home Automation Essential Guides Book 7) Dear Mom & Dad: Help Me Help You: An Elder Law Attorney's Guide to Smart Strategies & Difficult Conversations About Health and Money Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Healthy Knees Cycling: The Fun No-Impact Way to Reduce Joint Pain, Improve Strength, and Help You Live an Active Lifestyle

[Dmca](#)