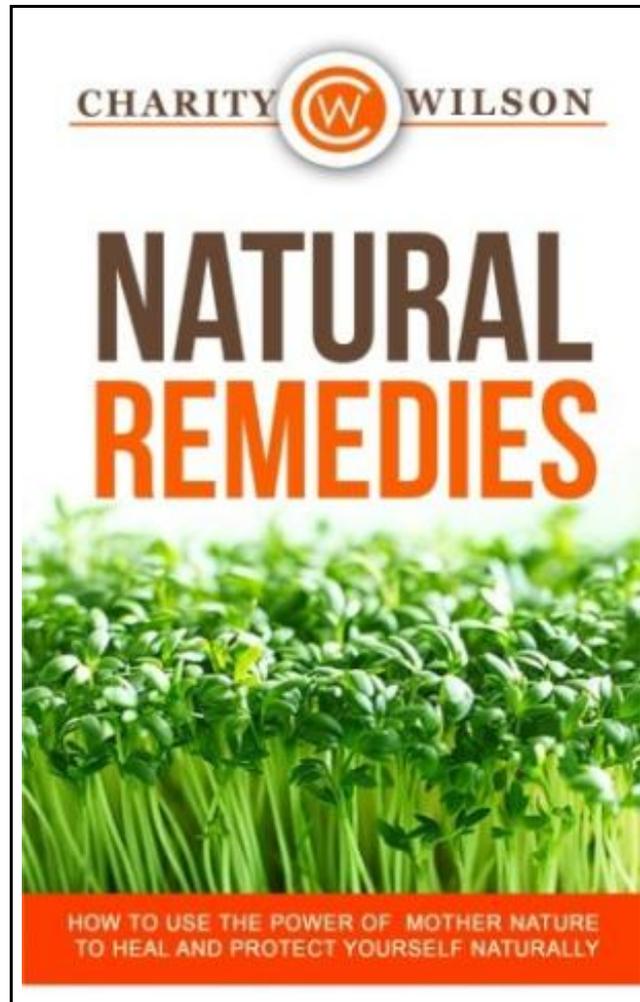


## Natural Remedies: How to Use the Power of Mother Nature to Heal and Protect Yourself



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## NATURAL REMEDIES: HOW TO USE THE POWER OF MOTHER NATURE TO HEAL AND PROTECT YOURSELF



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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Discover natural remedies to some of life s most common ailments.Natural Remedies For You Your FamilyPeppermint oil to soothe a sore throat, baking soda to calm a heartburn attack, and garlic for a bee sting, these are just a few examples of the many helpful natural remedies you ll find in Natural Remedies How To Use The Power Of Mother Nature To Heal And Protect Yourself. In the hustle and bustle of today s world, we tend to rely heavily on the quick fix of over the counter medicines and prescription drugs without giving what s in them a second thought. It s almost as if we, as a society, have had it ingrained in our minds that these typical medicines are what we have to choose in order for us to get over whatever is ailing us.Rarely do we question the antibiotic that may be doing more harm than good, or the drugstore antacid that has artificial flavorings and colors. And so it becomes a habit, making these traditional cures our form of go to for mostly everything.Alternative MedicinesHowever, there are alternatives to these chemically manufactured drugs.go the natural remedy route. There s already so much in nature offering a more organic and less harsh way of healing. Now more than ever is the time to switch to a more natural way of dealing with life s everyday ailments from a cough and cold to arthritis and muscle aches.Not only are the natural remedies in this book effective, but they with proper precautions can be safe for the entire family to use. Find out how to care for that scrape your son or daughter got from falling...



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