



Natural Remedies: How To Use The Power Of Mother Nature To Heal And Protect Yourself

Charity Wilson

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Discover natural remedies to some of life's most common ailments.

Natural Remedies For You & Your Family

Peppermint 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 Medicines

However, 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 off his or hers bike. Read about how to relieve the painfully itchy rashes left behind from the poison ivy or oak you accidentally came across while camping. And check out how to relieve a nauseous stomach without having to chug a bad tasting liquid laced with chemicals.

These are just a few of the wonderful natural remedy examples represented within these pages.

Keep Nature's Remedies Handy

This book is easy to access, with remedies categorized and put in alphabetical order for the ease of quickly looking up a certain ailment specific to you. Overall, there are forty different ailments to choose from, each one describing the symptoms as well as conveniently listing what natural remedy to use and how to use it.

It's perfect to fit the busy lifestyle of an on the go family looking to make the switch to a more natural lifestyle. So whether you've been pondering the thought of incorporating natural remedies in your life, but weren't sure where to start, or just want a simple to use guide on what to use, this is the perfect book for you.

And with more and more chemicals going into our medicines, foods, and beauty products, there's not a better time to make the switch to natural remedies than today!

Are You Ready?

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