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# **A HANDBOOK OF NATURAL FOLK REMEDIES**

**ELENA OUMANO, Ph.D.**

Introduction by Eric S. Rath, M.D.

# Handbook Of Natural Folk Remedies

**Elena Oumano Ph. D.**



## **Handbook Of Natural Folk Remedies:**

A Handbook of Natural Folk Remedies Elena Oumano Ph. D.,2011-10 For thousands of years mankind has painstakingly experimented with all kinds of natural elements from the Earth to unlock remarkable secrets for curing ailments Today more than ever many people are looking for these tried and true natural and remarkably effective treatments brought to us from cultures all over the world These American folk remedies are made with readily available ingredients and described in this easy to use reference guide *Handbook of Natural Folk Remedies* Elena Oumano (Ph. D.),2011 A Handbook of Natural Folk Remedies Elena Oumano,1997 This insightful guide offers an abundance of remedies revealing the almost magical healing properties of herbs spices and other common ingredients This handy reference details how these cures have been used throughout the ages by a variety of cultures to successfully treat common health problems including motion sickness nervous tension PMS the common cold sunburn and much more **National Geographic Complete Guide to Natural Home Remedies** National Geographic,2014 Discover over a thousand natural remedies for a variety of ailments including hiccups painful joints chapped lips and headaches The book also provides helpful tips for healthier living including how to fall asleep practice basic meditation clean vinyl floors and add nutritional value to foods The Christian's Guide to Natural Products & Remedies Frank Minirth,Alan Horewell, Virginia Neal,2005 Yet the marketplace of natural healing can be a highly unregulated one full of hearsay trends and half truths Too much misinformation Few trusted sources are available to clearly explain both the good and bad sides of the herb and supplement story The Christian s Guide to Natural Products Remedies offers the respected integrity of Dr Frank Minirth and collective wisdom of his associates for a thorough Bible informed approach to mind and body health Dynamic commentary and Q A chapters address natural healing from every direction followed by invaluable sections on herb and supplement profiles drug and herb interaction studies and much more Book jacket The Complete Guide to Natural Home Remedies Mark Evans,1999 A fully illustrated consumer s guide to natural home remedies set out in an easy to follow step by step style **Home Remedies Handbook: Simple Solutions for Everyday Ailments** Hseham Amrahs,2024-01-07 The emphasis on simplicity distinguishes this handbook making it an ideal companion for those who prefer natural alternatives to pharmaceutical interventions It fosters a sense of self reliance encouraging readers to take charge of their well being through practical and holistic approaches Beyond its role as a remedy reference the book also educates readers about the science behind these home based solutions It delves into the medicinal properties of herbs spices and everyday kitchen ingredients demystifying the healing potential inherent in our pantries In a world where quick fixes and over the counter medications often dominate Home Remedies Handbook offers a refreshing perspective promoting a return to traditional time tested remedies It bridges the gap between ancient wisdom and modern lifestyles catering to individuals seeking a more natural sustainable approach to maintaining good health **Ancient Remedies The Natural Healing Handbook** Olivia Rosabeth, Ancient Remedies the Natural Healing Handbook 2025 What

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