



Natural Remedies: Homemade Organic Remedies for Your Health and Appearance to Prevent and Heal Sickness (Herbal & Natural Cures)

Marisa Lee

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If you are tired of spending your hard earned dollar to go see the doctor that gives you a prescription for every ailment; this is a must have book. There are many natural remedies that can help to cure or prevent many common medical conditions.

A lot of natural remedies can be made from items you keep in your home on a regular basis. These remedies will not only help cure what ailments you have; they will also work to save you money. You will be surprised to find out what you can do with a banana, baking soda, basil, strawberries, and much more.

Before you begin this book you should be prepared to look and feel better thanks to nature. You can put an end to over the counter medications that have chemicals you have never heard of. By the end of the book you will be wanting to know what other wonderful natural ways there are to stay healthy.

In this book you will learn:

- A brief history of the concept of natural remedies.
- Natural remedies for common illnesses.
- Natural remedies for ailments that affect your appearance.
- Much, much more.

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