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## The Natural Home Remedies Guide: A Step-by-Step Guide to Safe and Effective Treatments for Common Ailments (Paperback)

By Karen Sullivan

HarperCollins Publishers, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. An encyclopedia of natural home remedies, covering all the main healing techniques from aromatherapy to vitamin and nutritional therapies. Beautifully illustrated throughout, with comprehensive information on safe natural remedies to treat the whole family. More and more people today are turning to natural home remedies to treat all types of illness. The Complete Illustrated Guide to Natural Home Remedies is an encyclopedic treasure, providing authoritative information on the various treatments available for all common ailments. With sections on homeopathy, herbalism, aromatherapy, flower remedies and vitamin and nutritional therapies, the book is arranged so that information is easily and instantly accessible. Containing a therapeutic directory of common ailments, a list of natural remedies and their uses and properties, as well as a home medicine chest and practical first-aid tips, Karen Sullivan makes treating illness safe and easy.



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