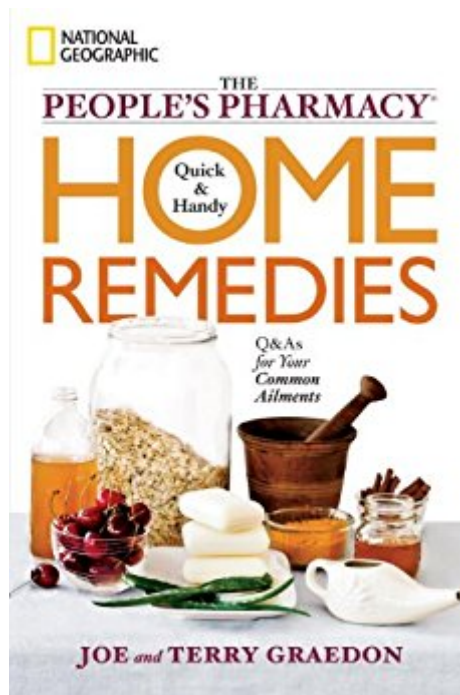




The book was found

The People's Pharmacy Quick And Handy Home Remedies: Q&As For Your Common Ailments



Synopsis

A guide to healing foods and home remedies reported to and verified by Joe and Terry Graedon, including their carefully researched responses on how and why such treatments work. The core of this title is organized as Q&As between the general public and the Graedons. It contains as much information as a voluminous encyclopedia of home remedies, yet it's quick, easy, inviting, and fun to read, with the same friendly and authoritative personality conveyed in their popular call-in radio show. The Graedons also offer a dozen new recipes for food so good for you, it serves as preventive medicine. Organized alphabetically by ailment and then, within each of those, by food or remedy. Offers the basics of three standard diets for health, weight control, and fitness, along with a dozen new recipes for preparing food to match the diets. Includes a helpful index and cross-referencing system, making the book both a good shelf reference and an entertaining browse. This book builds on the reputation of The People's Pharmacy and adds the extra value that comes from a partnership with National Geographic. From the Trade Paperback edition.

Book Information

File Size: 781 KB

Print Length: 268 pages

Page Numbers Source ISBN: 1426207115

Publisher: National Geographic; 1 edition (May 17, 2011)

Publication Date: May 17, 2011

Sold by: Digital Services LLC

Language: English

ASIN: B004IK8POG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #423,900 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #37

in Books > Health, Fitness & Dieting > Alternative Medicine > Reference #166 in Kindle Store >

Kindle eBooks > Health, Fitness & Dieting > Addiction & Recovery > Drug Dependency #201

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Reference

Customer Reviews

I have already had occasion to pull the book out twice and look for a home remedy (once for a burn and once for a leg cramp)...and both worked great! There are many things that happen in our daily lives that are annoying and/or painful, but do not merit a doctor's visit. This book is easy to use and great for these occurrences!

I love this book. I've learned so many things and tried them! I switched to Listerine & Baking Soda for toothpaste due to the lauryl sulfate in tp that causes canker sores. My mouth feels so much better. Really great book.

Easy and fun to read, but not as comprehensive as I had hoped. I looked at a two-volume set several years ago priced at \$35, and the remedies and ailments were legion. There's a lot of science in this one, when available. When, not, they let you know the cure is anecdotal.

I just recently discovered the book could be ordered on my Kindle. I have bad eyesight and cannot read small print books. I had wanted this book for a long time and didn't know it was available on my Kindle. The Graedon's have an article in our local newspaper each week and I get their newsletter in my e-mail. I am so happy to have it. I refer to it about every day. Love the home remedies.

Somewhat disappointing in that its not nearly as comprehensive as the web site. I should have just used the web site instead of buying a book.

This book is an excellent source of practical and useful information. Rather than get on the assembly line conveyor belt of modern medicine, which leads through your wallet, look for solutions before you become drug addicted and have traded symptoms that were worse than your original complaint. Love the intention of these author - to make people more self-reliant and confident about their bodies.

This is a very helpful book. Just the hint of the use of Turmeric alone is worth the price of the book as my husband tried it for his back and it brought him relief from his pain.

This was bought because I would rather use home remedies , than take medicine. There are many incredible suggestions for almost every kind of problem. Always check it before going out to buy

over the counter drugs . It has been very helpful.

[Download to continue reading...](#)

The People's Pharmacy Quick and Handy Home Remedies: Q&As for Your Common Ailments The People's Pharmacy Quick & Handy Home Remedies Herbal Medicine Natural Remedies: 150 Herbal Remedies to Heal Common Ailments The Country Almanac of Home Remedies: Time-Tested & Almost Forgotten Wisdom for Treating Hundreds of Common Ailments, Aches & Pains Quickly and Naturally 500 Time-Tested Home Remedies and the Science Behind Them: Ease Aches, Pains, Ailments, and More with Hundreds of Simple and Effective At-Home Treatments Psoriasis: Psoriasis Treatments:Your guide to natural remedies for psoriasis, eczema and other common skin ailments Your Natural Medicine Cabinet: A Practical Guide to Drug-Free Remedies for Common Ailments Natural Remedies, Medicine and Cures: Herbs, self-healing and how to treat and cure all common ailments and major diseases Healing Remedies, More Than 1,000 Natural Ways to Relieve the Symptoms of Common Ailments, From Arthritis and Allergies to Diabetes, Osteoporosis, and Many Others! Healing Remedies: More Than 1,000 Natural Ways to Relieve Common Ailments, from Arthritis and Allergies to Diabetes, Osteoporosis, and Many Others! Natural Antibiotics And Antivirals: The Complete Guide To Homemade Natural Herbal Remedies To Prevent And Cure Infections and Allergies (Home Remedies, Herbal Remedies, Organic Antibiotics) Kitchen Medicine: Household Remedies For Common Ailments And Domestic Emergencies Homeopathic Remedies: A Quick and Easy Guide to Common Disorders and Their Homeopathic Remedies Homeopathic Medicine At Home: Natural Remedies for Everyday Ailments and Minor Injuries EPSOM SALT: 50 Miraculous Benefits, Uses & Natural Remedies for Your Health, Body & Home (Home Remedies, DIY Recipes, Pain Relief, Detox, Natural Beauty, Gardening, Weight Loss) Complete Math Review for the Pharmacy Technician (APhA Pharmacy Technician Training Series) How to Prepare for the PCAT: Pharmacy College Admission Test (Barron's How to Prepare for the Pcat Pharmacy College Admission Test) The Pharmacy Technician's Pocket Drug Reference (Apha Pharmacy Technician Training) Practical Pharmacology for the Pharmacy Technician (Lww Pharmacy Technician Education) Homemade Repellents: 31 Organic Repellents and Natural Home Remedies to Get Rid of Bugs, Prevent Bug Bites, and Heal Bee Stings (Home Remedies, ... Homesteading, How to Get Rid of Bed Bugs)

Contact Us

DMCA

Privacy

FAQ & Help