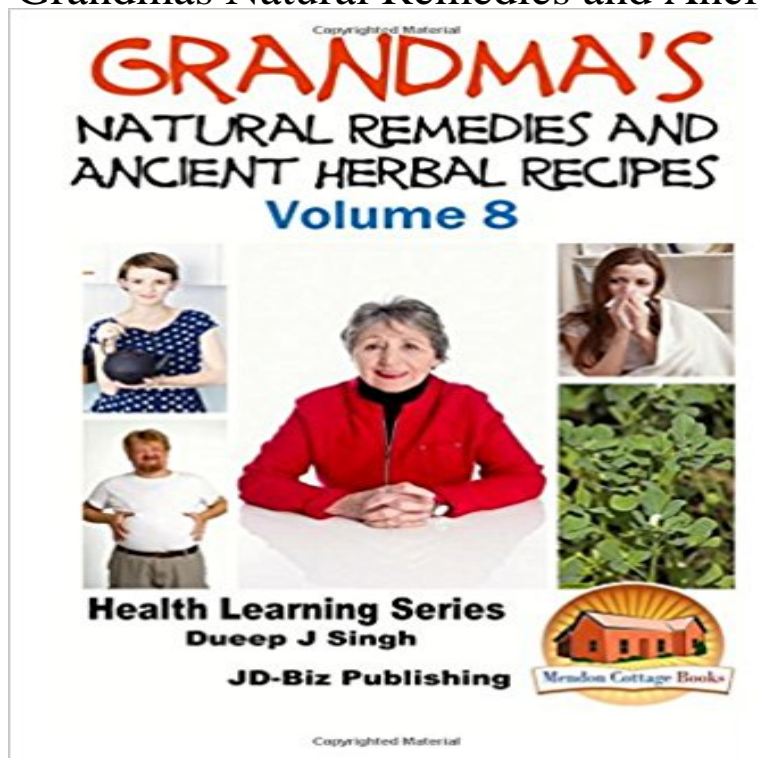


# Grandmas Natural Remedies and Ancient Herbal Recipes



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Introduction Grandma was a great believer in natural remedies and cures. She knew that herbs and other plant products, were amazingly efficient, and effective in getting rid of minor ailments, which would be the lot and portion of her large family. That is why she used all those nostrums, infusions, decoctions, and other herbal products which had been passed on to her by her grandma and so on down the ages. So here is another collection of grandmas natural remedies and ancient herbal recipes to keep you healthy, as well as beautiful. All these products are easily available right in your garden or in your kitchen. Best of all, they have no aftereffects and they have no side effects. That is because all these products are completely hundred percent natural. Why are so many people going back to natural remedies and ancient herbal recipes, in the 21st century? That is because they have found that chemical-based drugs and medicines have a short-term effect. They may also come accompanied with toxic effects, and side effects. So you are going to find yourself suffering from these long-term aftereffects. However, that is definitely not the case when you are taking natural remedies, which have been made with hundred percent natural products. And that is what

grandma did. She gathered all the natural products available in her garden, or easily available in the woods, when she went rambling out gathering herbs, and brought them home. These were then used, to cure a number of ailments. Some of them seem rather drastic, but you need to remember that grandma was more of an experimenter. She knew that there was one product in these herbal combinations which did all the magic. The rest were just filling.

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