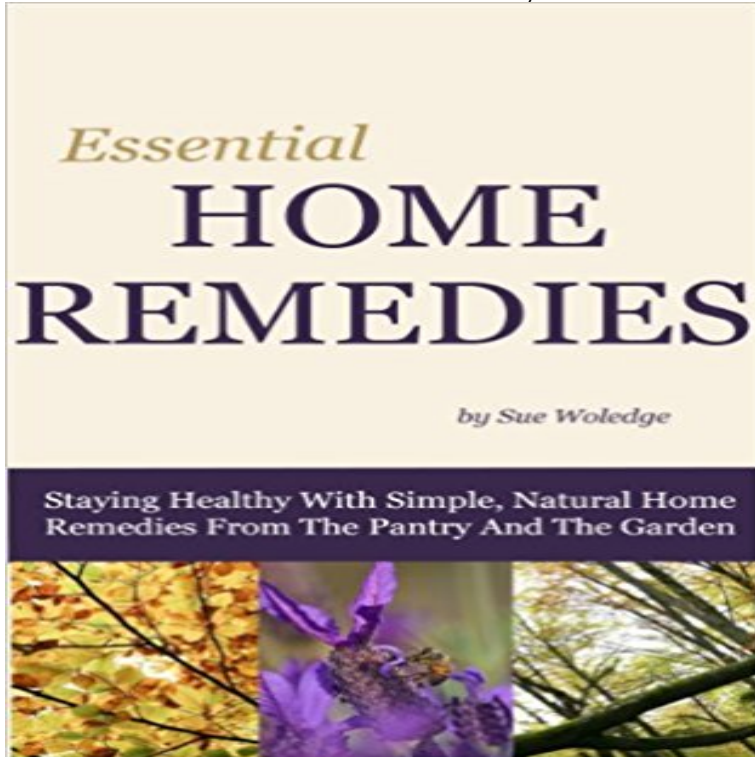


Essential Home Remedies: Staying Healthy With Simple, Natural Home Remedies From The Pantry And The Garden



Simple, Natural Home Remedies To Help Yourself and Your Family Stay Healthy
Let me show you how you can use simple and affordable home remedies to help keep yourself and your family healthier.

Essential Home Remedies: Staying Healthy With Simple Natural Home Remedies From The Pantry And The Garden is a home remedy book for beginners. In this book, I will share with you my favourite home remedies. These are the remedies that Ive used and loved for years, and theyre the home remedies that I know can make a difference to your health if you use them. They are the simple home remedies that today, I wouldnt be without. I consider these remedies to be essential in my life and I always have these simple ingredients in the garden and the pantry because they are really easy to have on hand and really handy to know how to use. You too can learn to use these simple home remedies to help keep yourself and your family healthier, as well as saving you money on medical costs. Once you know how to use them, and you realise how effective they are, Im certain that you too will consider them essential. In this book Ill share my favourite home remedies with you: The best home remedy for coughs - ever! The amazing but very common herb that stops even the most persistent coughing rapidly and that also helps to stop colds and sore throats before they take hold The super simple home remedy for Gout that youve probably got in your pantry right now The simple and affordable remedy that helps not only with gout, but bad breath, heartburn and lots more A home remedy for spider bites and boils and many more....

These are simple and natural home remedies that can be kept in your pantry and grown in the garden. Theyre tried and tested home remedies that have been used over the years and the best thing is that they work! The remedies in this little book have been my favourite home remedies

over the last 20 plus years, and Im sure they will soon be your favourites too. If youre beginning to realise that doctors and their drugs arent always the best medicine, and youre looking for a better, cheaper way to take care of your health and the health of your family, then this book is a great start. Its a quick, easy read that will get you on the path to better, more affordable health. Essential Home Remedies: Staying Healthy With Simple Natural Home Remedies From The Pantry And The Garden contains the following: How It All Started The Digestive Healer: Slippery Elm A Natural Antibiotic: Garlic Lose Weight and Lower Blood Pressure With Chili The Healer: Aloe Vera From Cancer To Morning Sickness: Ginger Thyme For Coughs and Colds The Master Alkaliser: Lemon From Breast Milk To Farts: Fennel Seed Breath Deep And Be Calm With Lemon Balm Lovely And Very Handy: Lavender Essential Oil Breath Easy With Peppermint Essential Oil Used For Almost Everything: Apple Cider Vinegar From Gout To Cleaning: Baking Soda More Handy Remedies Worth Knowing About... In this book I share with you how I personally use each of these remedies, and Ill also fill you in on the health benefits of using them in a simple, easy to understand way. So why not get started? Take control of your health and grab your copy today!

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