



201

Home + Aide
Remedies

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201 HOME + AIDE REMEDIES

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**Relief from over 50 common ailments including-
back aches, colds, flu, headaches, stress and
anxiety. Most remedies are made using natural
ingredients already in your home.**

Disclaimer

The remedies discussed in this book are prepared at home and do not require a physician's prescription. These remedies are commonly used and very effective, but results may vary. We urge you to use common sense. Serious injury; persistent problems or very high fevers should require a physician's consultation. If you are pregnant always consult your physician before using any remedy.

These remedies are not substitutes for a doctor's prescribed treatments. The publisher, retailers, mail order sources, distributors or manufacturers of any of the products described in this book, accept no liability for their effects.

Using this Guidebook

This book has three parts:

- 1) A list of common ingredients needed to create the remedies. Most of the ingredients are already in your kitchen and the rest can be found at a local health food store.
- 2) A list of common natural healing ingredients found mainly in the local health food store. The guide may refer to herbal, vitamin, enzyme and homeopathic remedies as alternatives. This is because everyone responds to a different treatment. If these natural remedies are difficult to find they can be obtained through product manufacturers.
- 3) A step-by-step preparation recipe for each home-aid remedy. The ailment to be treated will be listed at the top of the page before each recipe.

Part 1: The Food Pharmacy

Food ingredients needed for home-aid remedies:

Alfalfa Sprouts

Apple Juice

Apple Cider Vinegar

Baking Soda

Cayenne Pepper

Chamomile Tea

Cinnamon Sticks

Cranberry Juice

Cucumber

Fenugreek Seeds

Garlic

Ginger

Ice

Lemon Juice

Lemon slices

Maple Syrup

Mineral Water

Mustard

Oatmeal Flakes

Olive Oil
Onion
Papaya juice and skins
Potato skins
Plantain skins
Raisins
Rice
Salt
Umeboshi Plum Paste
Wheatgrass Juice

"Let food be thy medicine, medicine be thy food."
-Hypocrates

Part II: Nature's Pharmacy

Herbal, vitamin, enzyme, mineral, essential oils and other natural ingredients for home-aide remedies.

Acidophilus
Agar flakes
Aloe vera
Anise
Bentonite Clay
Bergamot oil