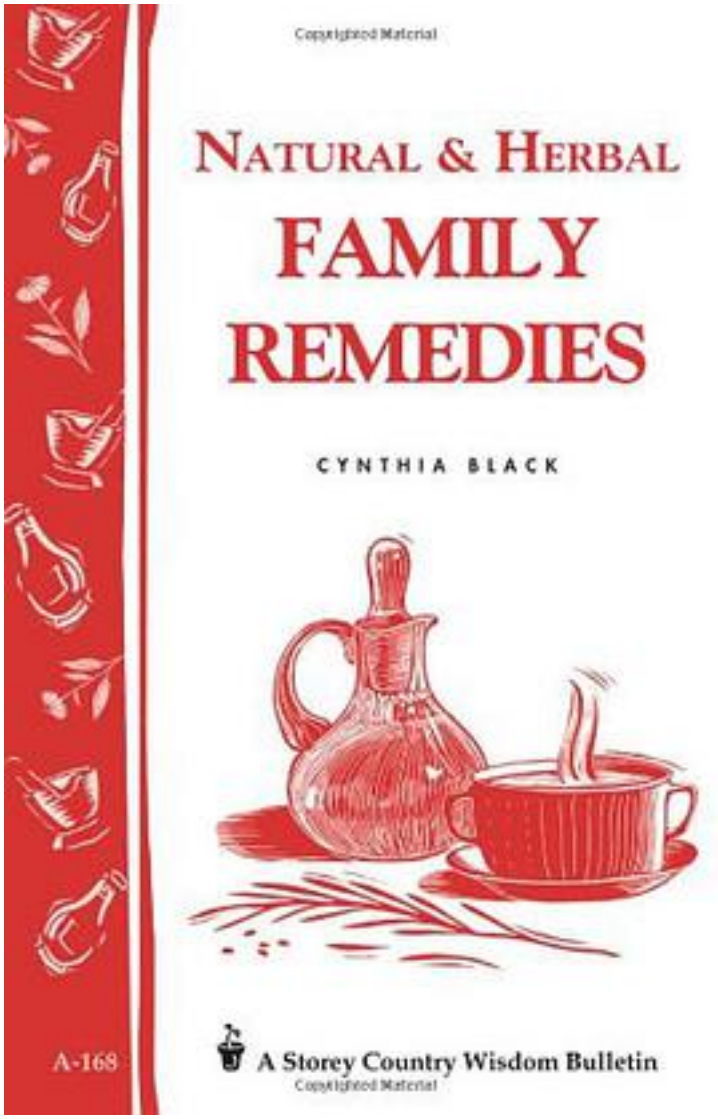
Natural and Herbal Family Remedies



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Rediscover the Recipes Your Grandmother Once Used Natural and herbal healing is nothing new. For thousands of years people have relied on the gifts of nature to cure common ailments. Today, herbal remedies have become a popular alternative to conventional medicine and a way for families to address everyday woes themselves. In "Natural and Herbal Family Remedies," Cynthia Black shares the tried-and-true remedies that have been with her family for generations. To this day she uses these natural and herbal treatments to care for her family, pets, and home. You'll find recipes for treating the conditions common in every family, including diaper rash, cuts, bruises, stress, headaches, colds, and stomachaches, as well as natural beauty treatments for hair and skin care. Cynthia also provides recipes for nourishing foods, natural animal care, and herbal cleansers for the home.

作者介绍:

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