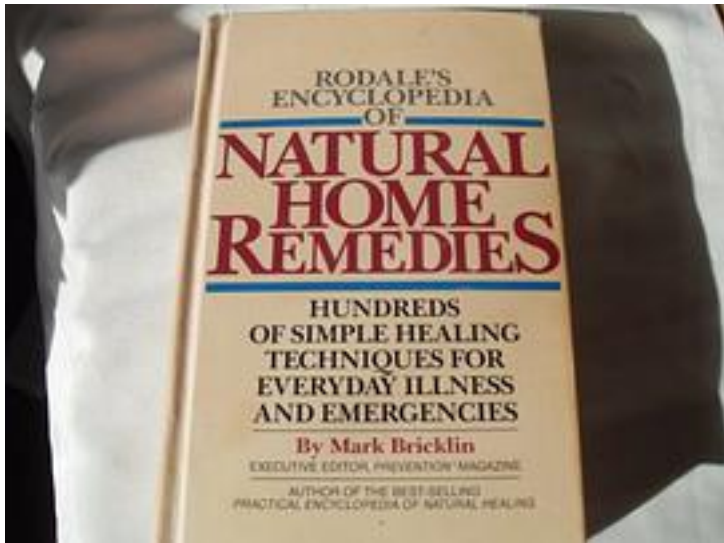


Rodales Encyclopedia of Natural Home Remedies



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With Rodale's Encyclopedia of Natural Home Remedies, help may often be just a page away. Hundreds of real-life anecdotes describe the successful use of natural, nutritional "Kitchen Remedies" for problems ranging from Arthritis to Vision. Designed to supplement your doctor's guidance, this information opens your eyes to a world~pf alternatives that exists right in your own home. For critical situations that must be dealt with immediately, there is

a special Emergency First Aid section that gives modern medical advice when you need it most--and in extra-large type.

Here, in short, is a book that combines the best of natural healing, modern folk medicine, plus reliable medical guidance. This valuable family resource also includes many bonus features, such as a guide to taking vitamins, remedies for pets, the favorite folk remedies of a physician, powerful stress relievers free for the taking and many tips on finding and eliminating the "hidden causes" of chronic health problems.

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