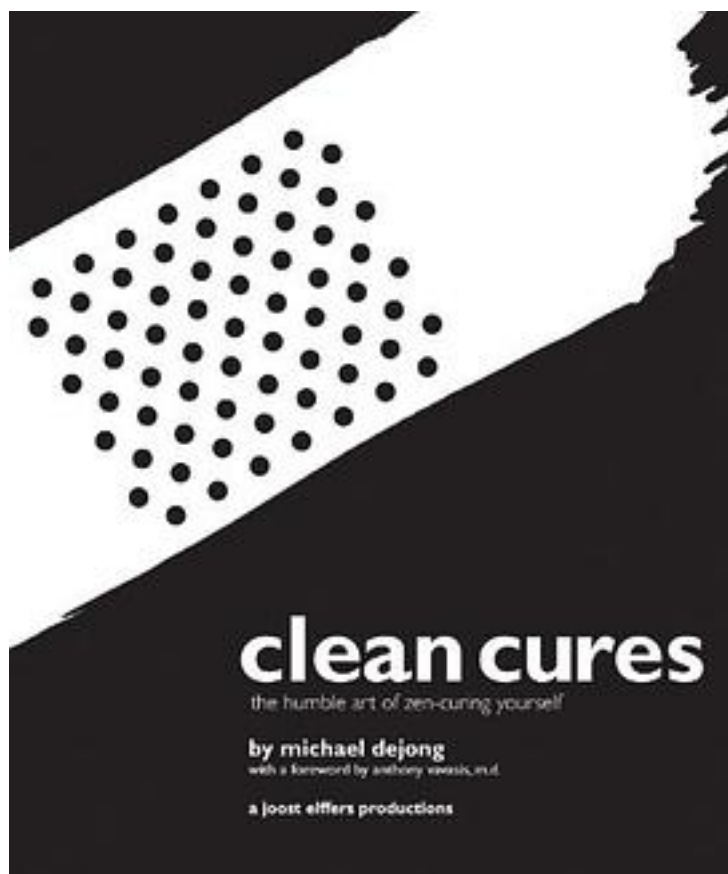


Clean Cures



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Create safe, natural and effective remedies that relieve everything from aching muscles to spots. DeJong bases his cures on just six essential elements: Baking Soda, Honey, Lemon, Olive Oil, Salt and Apple Cider Vinegar. Alternative medicine and green philosophies are currently very popular topics. "Clean Cures" is the new book in the successful "Clean" series - all written by cleaning expert Michael DeJong, beautifully

packaged by visionary designer Joost Elffers and espousing a green philosophy that offers substitutes for mass-produced products. DeJong bases his cures on just six essential elements, used alone or in combination: Baking Soda, Honey, Lemon, Olive Oil, Salt and Apple Cider Vinegar. With these simple, inexpensive, readily available ingredients, he concocts therapies for an A to Z of problems: aching joints, bad breath, colic, insect bites, nosebleeds, sinus headaches, warts and much more. There's even help for such nagging troubles as sleep disorders and panic attacks! With solutions that are gentle on the body - and on the earth - this is the perfect little volume for anyone interested in alternative healing.

作者介绍:

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