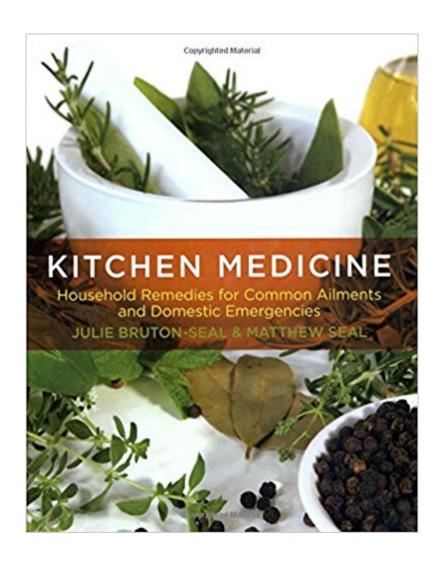


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# Kitchen Medicine: Household Remedies For Common Ailments And Domestic Emergencies





## **Synopsis**

In Kitchen Medicine the authors describe the wealth of healing and emergency remedies that sit unused and idle in the kitchen. Superb illustrations adorn a lively text. The ingredients are all easily found in the kitchen although in some cases they are exotic in origin (just think of tea, coffee and chocolate).

#### **Book Information**

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Average Customer Review: 4.5 out of 5 stars 4 customer reviews

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### **Customer Reviews**

Though most accidents happen in the kitchen, dangers lurk everywhere in the home. Yet the kitchen is the room that  $\tilde{A} \not \in \tilde{A} = \tilde{A} \not \in$ 

A complete herbal handbook of home cures and remedies  $\tilde{A}$   $\hat{A}$  Years ago, every household practiced kitchen medicine. Doctors were expensive and people were self-reliant  $\tilde{A}$   $\hat{\phi}$   $\hat{\phi}$ 

less self-reliant. Now Kitchen Medicine revives that lost tradition of the kitchen as pharmacy.  $\hat{A}$   $\hat{A}$  Learn how: Fennel wards off symptoms of menopause Garlic reduces cholesterol levels Lemon relieves rheumatism  $\hat{A}$   $\hat{A}$  Ginger treats a cold  $\hat{A}$  no live oil purge can eliminate gallstones Sore joints are eased with mustard  $\hat{A}$   $\hat{A}$  With great original photography, foolproof recipes, and fascinating insights into the history of these household ingredients, Kitchen Medicine gives you the  $\hat{A}$   $\hat{A}$  medicinal intelligence  $\hat{A}$   $\hat{A}$  to create your own remedies and cures from the remarkable and  $\hat{A}$   $\hat{A}$   $\hat{A}$  exotic  $\hat{A}$   $\hat{A}$  treasures found sitting in your kitchen right now.

Great Product, I love it and am glad I made the purchase. Will buy again from this seller.

Very helpful

Lots of great tips, received it very quickly. Lots of simple healty tips in this book, I highly recommend it.

this is a very good book, pretty thorough with nice pictures and sidebars. the only reason why i don't give it 5 stars is that I wish it cited studies that prove the efficacy of each herb, spice, etc. and the price could be a little lower.

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