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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

Hardcover: 256 pages

Publisher: Lyons Press (November 29, 2011)

Language: English

ISBN-10: 0762779853

ISBN-13: 978-0762779857

Product Dimensions: 7.5 x 0.9 x 9.3 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

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

Best Sellers Rank: #1,128,989 in Books (See Top 100 in Books) #85 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Reference](#) #1566 in [Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies](#) #3745 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Psychotherapy, TA & NLP](#)

## Customer Reviews

Though most accidents happen in the kitchen, dangers lurk everywhere in the home. Yet the kitchen is the room that's most likely to hold the remedies for household emergencies or even common ailments. These aren't exotic ingredients but things you likely can find in your own kitchen, including herbs and spices, fruits and vegetables, condiments and dressings, oils and vinegars, and lots of other common and familiar items. In Kitchen Medicine, herbalist Julie Bruton-Seal describes the wealth of healing and emergency remedies that sit unused and idle in your kitchen. Superb illustrations by her photographer husband, Matthew Seal, adorn her lively text. The ailments and illnesses that Kitchen Medicine addresses are comprehensively listed to make diagnosis and cure both immediate and easy.

A complete herbal handbook of home cures and remedies  
Years ago, every household practiced kitchen medicine. Doctors were expensive and people were self-reliant even when it came to health care. Today, doctors are more expensive and we've become much

less self-reliant. Now Kitchen Medicine revives that lost tradition of the kitchen as pharmacy. Learn how: Fennel wards off symptoms of menopause Garlic reduces cholesterol levels Lemon relieves rheumatism Ginger treats a cold An olive oil purge can eliminate gallstones Sore joints are eased with mustard With great original photography, foolproof recipes, and fascinating insights into the history of these household ingredients, Kitchen Medicine gives you the “medicinal intelligence” to create your own remedies and cures from the remarkable and “exotic” 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 healthy 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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