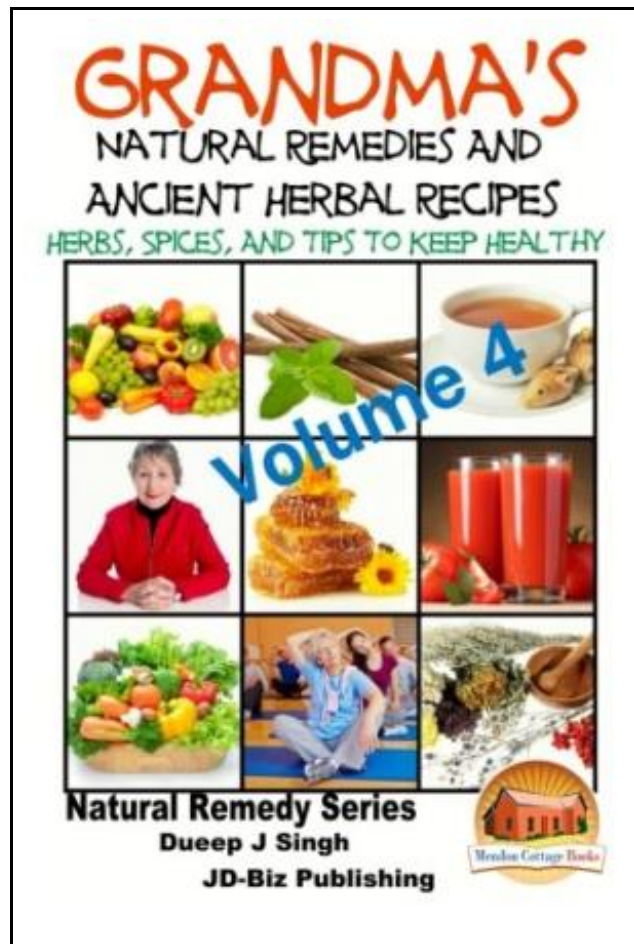


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(Ms. Ora Buckridge)

GRANDMA S NATURAL REMEDIES AND ANCIENT HERBAL RECIPES - VOLUME 4



Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Grandma s Natural Remedies and Ancient Herbal Recipes - Volume 4 Table of Contents Introduction What is The Importance Of fruit, vegetables, herbs And spices? Spices in Your Daily Diet Grandma - Cook and Medicine Woman Garam Masala Recipe Massaman Masala Grandma s Herbal Tips Controlling High Blood Pressure Why Grandma Did Not Fuss Curing Cuts, Bruises And Wounds Depression Nervous problems/Irritability Obesity Cure Curry leaves Lemon Juice Regime Losing weight Through Exercise? How Boring! Conclusion Author Bio Introduction In this fourth volume of grandma s ancient natural remedies and herbal recipes, you are going to get a collection of recipes, in which grandmother used fruit, vegetables, herbs and spices to cure her family and also the neighbors around her. These remedies were given to her down the ages from our grandmother, and so on. Many of these remedies have been lost in the mists of time, but there were still some people in ancient times who wrote these remedies down in books. In 800 BC, Homer praised the knowledge of ancient Egyptians, who were extremely skilled in noninvasive surgery, and treatment of ailments. Ancient well-known Greek and Roman medicine men like Galen and Hippocrates gained plenty of their knowledge studying in the University of Amenhotep and the great and glorious physician Lucanus - known in Biblical history as Saint Luke - studied under Greek and Egyptian physicians. There were plenty of physicians who believe in spells, and considered that disease was caused by evil demons. Tibetan and other Eastern medicine still uses incantations to get rid of demons which have possessed a human or an animal body, thus causing it to get sick. In...



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