

## The Big Book of Home Remedies: Discover Solutions to Everyday Problems with a Natural Approach



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## THE BIG BOOK OF HOME REMEDIES: DISCOVER SOLUTIONS TO EVERYDAY PROBLEMS WITH A NATURAL APPROACH

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.THE BIG BOOK OF HOME REMEDIES Discover Solutions to Everyday Problems With A Natural Approach Many of us are looking for alternative measures to treating the whole person, not just the disease or ailment. Natural healing treatments can pinpoint and correct the source of imbalance in the body that manifests as symptoms, ailments, disease or personal challenges. Western medicine is amazing for putting us back together following an accident or surgery to save our lives however mild ailment are at times best treated with natural healing alternative methods. Many times doctors reach for a prescription pad to mask pain and ailments, before thinking about what natural alternatives can assist the body to heal itself. The human body is an amazing tool, that is programmed to self heal. Unfortunately due to our lifestyles and quick fix mindsets we have forgotten how nature can assist us to heal ourselves. There are still cultures today that use natural methods for cleaning, healing and living. These cultures have limited diseases that we find in our Western life. They use plant based products and ingredients that don't require a Chemistry degree to understand and these cultures continue to live a natural healing lifestyle. Now let's put all our cards on the table here. You can't continue to live a healthy and fulfilled life using poisons and harm chemicals in your day to day life. right? RIGHT! Take a moment to think about how your life will look in 5 years, 10 years or even 20 years if you continue to expose yourself to toxic ingredients and harmful chemicals through personal care products, household cleaning chemicals, diet and medicine....



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