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Healing Through Butter and Buttermilk - Healing Naturally with Milk Products

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Introduction Buttermilk Traditional Ancient Buttermilk Recipe Ailments treated through buttermilk Diabetes Control Piles Flatulence Diarrhea Acidity Swelling of the Stomach - Ascites Gout and Pain in the Back Migraine Urticaria Cough and Cold Buttermilk for Weight Loss Butter Measles and Chickenpox Traditional Clarified Butter - Desi Ghee Recognizing Pure Clarified Butter Clarified Butter for Beauty Chronic Migraine Laxatives Wounds and Hurts Insomnia Joint Pain and Gout Cramps Burns Chronic Cough Sore throat Colds Conclusion Author Bio Publisher Introduction There is a historical story about how man got to know about butter and buttermilk. Millenniums ago, when man was still a nomadic traveler, herding his sheep, goats, horses, and camels, along with him, when he traveled in search for a more suitable dwelling, the milk obtained from milking his domestic animals was stored in leather bags. So as the story goes, one fine dawn two leather bags with lots of camels milk was stored on both sides of such a nomad s saddle, and the tribe moved off towards richer horizons and pastures....



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