



Essential Home Remedies: Staying Healthy With Simple, Natural Home Remedies From The Pantry And The Garden

Sue Woledge

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Simple, Natural Home Remedies To Help Yourself and Your Family Stay Healthy

Let me show you how you can use *simple and affordable* home remedies to help keep yourself and your family healthier.

Essential Home Remedies: Staying Healthy With Simple Natural Home Remedies From The Pantry And The Garden is a home remedy book for beginners. In it I will share with you, my favourite home remedies. These are the remedies that I've used and loved for years and that I know can make a difference to your health and to the *cost* of your healthcare if you use them. They are the simple remedies, that today, I wouldn't be without. *I consider these remedies to be essential in my life!* and I always have these simple ingredients in the garden and the pantry because they are really easy to have on hand and really handy to know how to use.

You too can learn to use these simple home remedies to help keep yourself and your family healthier as well as saving you money on medical costs. Once you know how to use them and realise how effective they are I'm certain that you too will consider them essential.

In this book I'll share my favourite home remedies with you:

The best remedy ever for Coughs

The amazing but very common herb that stops even the most persistent coughing rapidly and that also helps to stop colds and sore throats before they take hold

The super simple Gout remedy

The simple and affordable remedy that helps not only with gout, but bad breath, heartburn and lots more

A remedy for spider bites and boils!

Learn how to make a simple poultice that can be used on spider and other insect bites, boils and splinters and many more....

These are simple and natural home remedies that can be kept in your pantry and grown in the garden. They're tried and tested home remedies that have been used over the years and they work!

The remedies in this little book have been my favourite home remedies over the last 20 years and I'm sure they will soon be your favourites too.

If you're beginning to realise that doctors and their drugs aren't always the best medicine and you're looking for a better, cheaper way to take care of your health and the health of your family then this book is a great start. It's a quick, easy read that will get you on the path to better, more affordable health.

Essential Home Remedies: Staying Healthy With Simple Natural Home Remedies From The Pantry And The Garden contains the following:

How It All Started

The Digestive Healer: Slippery Elm

A Natural Antibiotic: Garlic

Lose Weight and Lower Blood Pressure With Chili

The Healer: Aloe Vera

From Cancer To Morning Sickness: Ginger

Thyme For Coughs and Colds

The Master Alkaliser: Lemon

From Breast Milk To Farts: Fennel Seed

Breath Deep And Be Calm With Lemon Balm

Lovely And Very Handy: Lavender Essential Oil

Breath Easy With Peppermint Essential Oil

Used For Almost Everything: Apple Cider Vinegar

From Gout To Cleaning: Baking Soda

More Handy Remedies Worth Knowing About...

In this book I share with you how I personally use each of these remedies and fill you in on the health benefits of using them in a simple, easy to understand way. So why not get started? Take control of your health and grab your copy today!

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Christine Frazier:

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Madeleine Bandy:

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Peter Gomez:

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