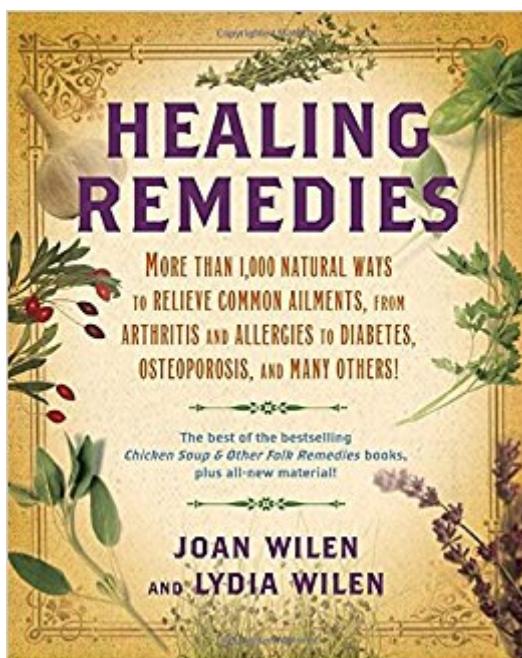


The book was found

Healing Remedies: More Than 1,000 Natural Ways To Relieve Common Ailments, From Arthritis And Allergies To Diabetes, Osteoporosis, And Many Others!



Synopsis

A PRACTICAL, SAFE, TIME-TESTED, AND EFFECTIVE A-TO-Z GUIDE TO NATURAL HEALING REMEDIESFor years, sisters Joan Wilen and Lydia Wilen have been collecting and incredible home remedies. These range from old treatments that have been passed down for centuries (but forgotten by modern medicine) to methods recently uncovered by doctors and medical researchers. Healing Remedies combines the best entries from the Wilens' Chicken Soup & Other Folk Remedies books, plus a significant amount of new material, including sections on diabetes, osteoporosis, ADD, anxiety, and children's common ailments from colic and diaper rash to tantrums and teething. Also, check out these other remarkable remedies: Eating two pectin-packed apples a day may help lower blood pressure. For an energy boost, slap the inside of your elbows and the back of your knees. Eating one-half avocado a day may lower cholesterol by up to 42 percent. Vaporize a headache by bringing a cup of apple cider vinegar to a slow boil, then put a towel over your head, bend over the pot at a safe distance, and inhale/exhale through your nose for about 10 minutes. To tone up your circulatory system and strengthen your heart, pretend to vigorously conduct an orchestra for 10 minutes a day. To improve your memory, pop six raw almonds a day. Add pizzazz to your sex life by consuming any fruit beginning with p: peaches, plums, pears, pineapple, papaya, and persimmon. Practice "girth control" by killing your cravings with pure grape juice. Though not meant as a substitute for doctor visits, this amazing guide also features special sections on men's health challenges, especially prostate concerns, and women's symptom relief, from cramps and morning sickness to vaginitis and hot flashes. Remedies galore and more are at your fingertips!

Book Information

Paperback: 352 pages

Publisher: Ballantine Books (December 30, 2008)

Language: English

ISBN-10: 034550335X

ISBN-13: 978-0345503350

Product Dimensions: 7.4 x 0.9 x 9.3 inches

Shipping Weight: 14.9 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 20 customer reviews

Best Sellers Rank: #821,692 in Books (See Top 100 in Books) #61 in Books > Health, Fitness

& Dieting > Diseases & Physical Ailments > Osteoporosis #277 inÃ ª Books > Health, Fitness & Dieting > Alternative Medicine > Homeopathy #561 inÃ ª Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy

Customer Reviews

Collecting the authors Chicken Soup & Other Folk Remedies and More Chicken Soup & Other Folk Remedies, this volume, something of a Prairie Home CompanionÃ¢â ¸style health manual, includes new and revised material addressing such topics as ADD and ADHD, childrens health, osteoporosis and diabetes. The sisters Wilen offer brief entries with homespun solutions, many herbal based, for an alphabetical listing of concerns from asthma, colds and fainting to headaches, smoking and weight control. In many cases, however, the Wilens give little explanation for a remedy's effect (for example, taking oregano for depression has a way of lifting ones spirits and eating sauerkraut may prevent sciatica). Beyond specific cures, there are some all-around wonder workers: the good-bye dear morning kiss, bee pollen, the ancient grain salba and singing among them. Although well-meaning, this compendium of folk medicine has a few unsettling moments (for instance, the Wilens comment on depression that staying in a funk is a choice, and the injunction to order your body to heal itself). Such comments will leave even those committed to natural healing grateful for the science that has brought medicine into the 21st century. (Dec.) Copyright Ã ª Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Lydia Wilen is a health investigator and author. With her sister, Joan, she conducts frequent lectures and workshops on natural cures and remedies. In addition to their numerous television and radio appearances, the sisters have had articles written by and about them for major magazines and newspapers including Cosmopolitan, The New York Times, and Parade. They had a weekly full-page feature in the New York Daily News Sunday Magazine for two years and three rotating features inÃ ª Newsday. She lives in New York City.Joan Wilen is a health investigator and author, well known for her books, media tours, and frequent appearances on national and local television shows with her sister, Lydia Wilen. They have appeared on the Today show, CBS This Morning, and Good Day New York, and have been guests on hundreds of radio shows. Wilen lives in New York City.

fantastic book NICE pictures

Good source of information on using remedies around the house. Sometimes though, it doesn't say how to administer the "cure." But, all in all, I have used some of the things that applied to my own situation, and found them very helpful.

I have this book in spanish I've tried some of these remedies when I my knees were hurting made something with ginger and my pain went away and I was able to move a lot better after drinking the drink for a couple of days. I loved it soo much I bought a couple copies in english and gave them to my friends for christmas.

As an Rn for many years, I wish I had seen and learned some of their folk remedies sooner in my life. I am trying currently some of the arthritis treatments for my hands, way safer than modern medicine.

I ordered this book for my son who was always using my copy and all of the remedies we have used have been very helpful to my and my family.

Very informative!

Informative.

Nicely written mass of information

[Download to continue reading...](#)

Healing Remedies, More Than 1,000 Natural Ways to Relieve the Symptoms of Common Ailments, From Arthritis and Allergies to Diabetes, Osteoporosis, and Many Others! Healing Remedies: More Than 1,000 Natural Ways to Relieve Common Ailments, from Arthritis and Allergies to Diabetes, Osteoporosis, and Many Others! Arthritis: An Ultimate Guide For Arthritis: (Symptoms of Arthritis, Rheumatoid Arthritis, Psoriasis Arthritis, Types of Arthritis, Cure for Arthritis) DIABETES: 15 Super Foods To Quickly And Safely Lower Blood Sugar: How To Reverse and Prevent Diabetes Naturally (Natural Diabetes Cure - Diabetes Natural Remedies - Natural Diabetes Remedies) Reverse Diabetes: Stop Diabetes Without Drugs (Type 1 and 2 Diabetes, Symptoms, Diabetes Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition) Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) TYPE 2 DIABETES

DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Type 2 Diabetes:The Type 2 Diabetes Guide With Powerful Type 2 Diabetes Tips (Free Checklist Included)[Type 2 Diabetes, Type 2 Diabetes Cure,Type 2 Diabetes Diet, Diabetes Diet, Diabetes Magazine] DIABETES Killer Formula: The Miraculous Guide Will Fully Reverse Your Diabetes and In A Natural Way. (Diabetes Diet, Diabetes Recipes, Diabetes Cure, Reversing ... 2 Diabetes, Diabetes Destroyer,) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) Doctors' Favorite Natural Remedies: The Safest and Most Effective Natural Ways to Treat More Than 85 Everyday Ailments Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Diabetes: Reverse Diabetes In 4 Weeks With Proven Step By Step Methods And Superior Strategies (+ Bonus Cheatsheet) (Diabetes Diet, Diabetes Type 2, Diabetes Cookbook, Insulin, Diabetes Solution) Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) Osteoporosis: How To Reverse Osteoporosis, Build Bone Density And Regain Your Life (Osteoporosis, Bone Density, Strong Bones, Healthy Bones, Osteoporosis Cure) Natural Antibiotics And Antivirals: The Complete Guide To Homemade Natural Herbal Remedies To Prevent And Cure Infections and Allergies (Home Remedies, Herbal Remedies, Organic Antibiotics) Reverse Diabetes: The Natural Way - How To Be Diabetes-Free In 21 Days: 7-Step Success System (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health) Cure diabetes : Diabetic No More: Normalize Blood Sugar, Reverse Diabetes, and Say Goodbye to Drugs and Testing Forever (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health) Algeria, Algeria 1:1 000 000: Alger, Oran, city map 1:12 500, Constantine city map 1:10 000, vicinity of Alger 1:300 000, administrative map 1:6 000 ... Karte der Verwaltungseinteilung 1:6 000 000

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)