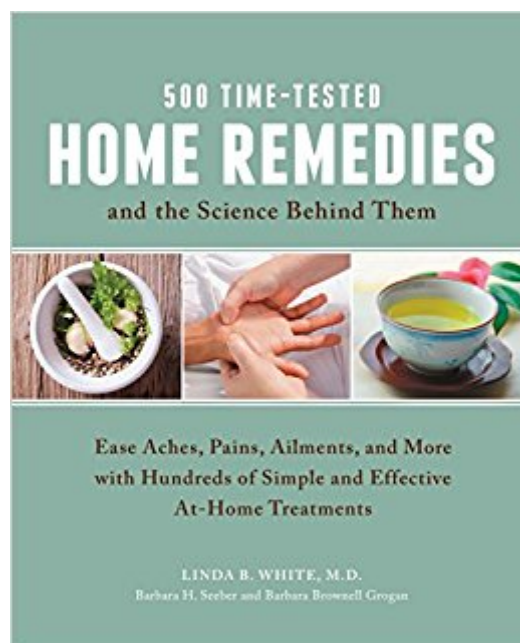




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# 500 Time-Tested Home Remedies And The Science Behind Them: Ease Aches, Pains, Ailments, And More With Hundreds Of Simple And Effective At-Home Treatments



## Synopsis

Try These Timeless Treatments Supported by Cutting-Edge Science! Look no further! From insect bites, insomnia, and upset stomach to nasal congestion, stress, and heart health, this authoritative and comprehensive guide offers easy, effective recipes to bolster your resistance to illness, ease aches and pains, and manage minor ailments naturally. The authors explain the science behind these remedies, debunk common myths, and let you know when to call the doctor. In addition, they provide a blueprint of wellness for you and your family. This book's 500 recipes contain readily available, inexpensive, and safe ingredients--many that you will find within your cupboards or at the grocery store. For instance: -Dab on tea tree oil to clear up acne -Gargle with sage and thyme tea to combat sore throat -Engage in mindfulness exercises for weight loss -Eat chia seed to help with hay fever -Whip up a calendula salve for diaper rash -Heal dry skin with coconut oil -Lift mood with a gratitude journal -Take elderberry syrup for influenza -Apply aloe vera gel and peppermint essential oil to sore muscles

## Book Information

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## Customer Reviews

"Combine careful sifting of the relevant science, incisive and engaging writing, and a bountiful dose of good sense, and you get 500 Time-Tested Home Remedies and the Science Behind Them.

Every family should have a copy of this terrific book, and every family that does will turn to it often."—David L. Katz, M.D., M.P.H., F.A.C.P.M., F.A.C.P., Director, Yale University

Prevention Research Center—Renders excellent advice regarding natural

treatments for numerous disorders. This excellent book should be a ready reference to everyone interested in natural healthcare. • Len Wisneski, M.D., F.A.C.P., Clinical Professor of Medicine at George Washington University Medical Center

“The authors of this excellent book coax us toward health and joy with practical remedies and recipes to help us thrive. [They] tease apart the tangle of fact from fiction with no-nonsense, real-world information and deliver just what we wish our doctors would tell us.”

• Steven Foster, author, National Geographic’s Guide to Medicinal Herbs, and Chairman of the Board of the American Botanical Council

This book is the essential family first-aid reference that offers fast and effective natural remedies for common ailments. This reference is written by a team of experts, including a medical doctor.

Love this book! Dr. White was a fantastic teacher in college and her book doesn’t disappoint either. I prefer to go the organic route whenever possible, and there are lots of easy solutions, tips, recipes, etc available to try in this book. There are also a lot of explanations on why we experience certain ailments and how to reduce the likelihood of them.

The book is super great, the only thing I was disappointed in was the way it was shipped. It was shipped in a plastic bag, which I understand as for as cutting weight and cost of shipping. They did place a piece of cardboard to protect the front of the book, which it did protect the front of the book. But in shipping, something caught the package and torn the back cover 2.25 inches. I like nice neat books and have been collecting books since I was about 4 years old. I was disappointed to see the back cover torn. I wrote Cherrybooks and suggested they put cardboard on the back side to protect books. I have also decided to now keep a spreadsheet of all my orders and whether they ship books "well protected" in cardboard or are they shipped in "plastic". Being in business, I know most people are looking for the lowest price. I prefer to pay a little more and have the book well protected. I know, it is not Cherrybooks fault that it got damaged in shipping, and I know this is not a normal thing, and I especially know that I am a weird duck in liking well protected books and spending more to have them that way.

looks very interesting, haven’t tried to many recipes, good so far, I like it.

Alphabetically arranged reference book for the kinds of things all parts of our bodies regularly call

our attention to. Dr. White distills the wisdom of our grandmothers backed up by meticulously researched science. She directs us to herbs, obviously, but also to pen and paper (writing also can cure what ails us!) and a pair of walking shoes (stopping to smell the roses-you'd be surprised by the extent of their curative powers.)

This is a wonderfully helpful book with a wide range of useful and reliable remedies and recipes in a readable and well organized format. Throughout it encourages and inspires the reader to take good care of herself, but equally helpful is the section on each ailment that discusses when to call the doctor.

Well written. Gives good info on different remedies I've not seen in other books. Worth the purchase& already had to use a few of these suggested remedy recipes. They truly work well.

Tons of information written in everyday languageand simple to understand. Great tips withoutusing hard drug products with side effects.Love it.

I remembered some of these home remedies from my childhood, wonderful to learn the science behind them.

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