



The Kitchen Physician: natural herbal remedies for basic ailments

Shawn Rashid

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Your body was not meant to ingest harmful chemicals and other non-natural substances; using essential oils and home remedies will help cleanse your body and your home of toxic products. Your health should be the most important thing, because without good health your body may have a limited life span. Exercising regularly along with a proper diet and a natural health regimen should help to keep your body healthy and your mind well. You may be pleasantly surprised to find that using natural treatments rather than expensive medications doesn't have to be complicated and is such a better solution. In this guide you will have found several different techniques and methods for at home remedies that are not only inexpensive but also easy to prepare and apply. You will see that there are multiple uses for many things around the home that can be used to treat a variety of ailments. You will have also learned about the top ten must have essential oils you need in your medicine cabinet. Additionally, you will learn new recipes using essential oils and blends of essential oils to treat and cure common ailments and a new or expectant mother now has alternative methods for using her breast milk if needed.

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