



Self-sufficiency Natural Remedies

By Melissa Corkhill

IMM Lifestyle Books. Paperback. Book Condition: new. BRAND NEW, Self-sufficiency Natural Remedies, Melissa Corkhill, What could be more wonderful than being able to soothe your own and your family's aches and pains naturally? Here Melissa Corkhill gives advice for treating common conditions and illnesses at home using remedies provided by Mother Nature. In this book you'll discover how to treat non-serious complaints, such as coughs, colds and sore throats, as well as suggestions for easing the strain of more permanent conditions like eczema, arthritis and asthma. Packed with easy-to-follow recipes using herbs, essential oils and ingredients found in your kitchen, you'll be making your own natural remedies in no time.



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