



Folk Remedies for the Modern Age (Paperback)

By Anthony Canelo

Createspace, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. How can an everyday item on your shopping list, like olive oil or baking soda, improve your overall health and wellbeing? Since early times, common folk remedies have offered effective remedies for various ailments, from stomach aches to bee stings. Now, certified Natural Health Professional Anthony Canelo of the Phoenix Institute of Holistic Health and Research provides an in-depth look at twelve of the most popular folk remedies, and reveals how effective they can be in a fast paced, modern lifestyle. Folk Remedies for the Modern Age is a must for any healing conscious library. Clever, informative, and effective, this indispensable resource visits twelve popular folk remedies using items already in your home, exploring both their contemporary uses and their history. A convergence of thrifty solutions and natural healthcare, the book offers a detailed explanation of how each has been used, as well as how it can be combined with other remedies. You ll find facts and applications for vinegar, baking soda, hydrogen peroxide, sea salt, raw bee products, olive oil, colloidal silver, castor oil, glyco-thymoline, one black scarf, activated charcoal, and...



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