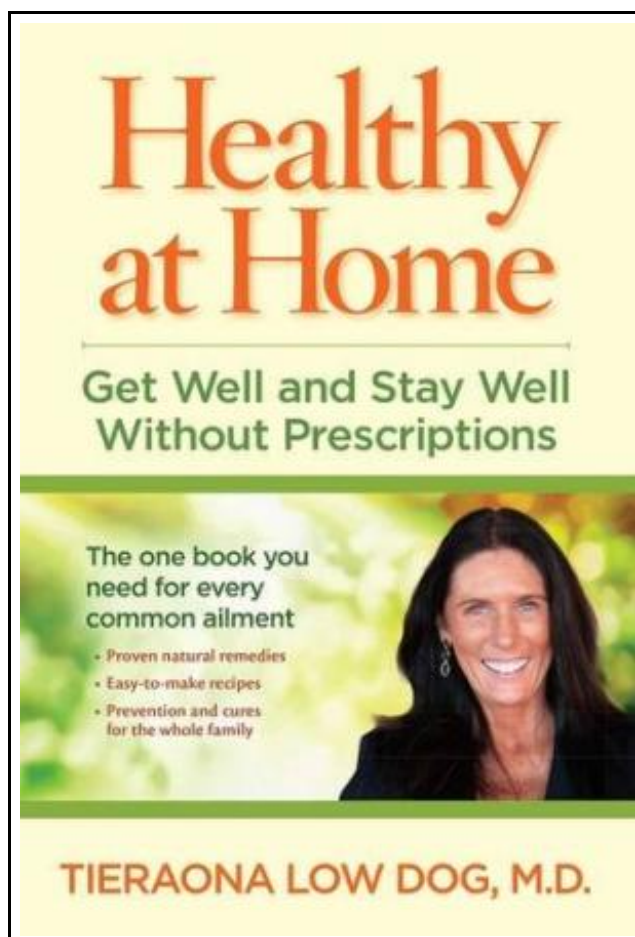


Healthy at Home: Get Well and Stay Well Without Prescriptions



Filesize: 2.54 MB

Reviews

This ebook is wonderful. It really is written in simple words and phrases rather than difficult to understand. Your daily life span will be changed the instant you complete looking at this pdf.
(Kale Bayer)

HEALTHY AT HOME: GET WELL AND STAY WELL WITHOUT PRESCRIPTIONS



National Geographic Society. Paperback. Book Condition: new. BRAND NEW, Healthy at Home: Get Well and Stay Well Without Prescriptions, Tieraona Low Dog, National Geographic helps you take charge of health care guided by a physician expert in natural healing, herbal medicine, and home remedies. Never have we needed this advice more than now, says Dr. Low Dog as she guides us in identifying, responding to, and caring for common ailments including coughs and colds, infections, digestive complaints, rashes, wounds, headaches, insomnia--all better treated at home than in doctor's office or with expensive over-the-counter drugs that often just exacerbate the problem. Learn how to make herbal remedies - teas, tinctures, lozenges, syrups, salves - and why you and your family will be healthier for doing so. For every ailment, Dr. Low Dog specifies symptoms that mean you should consult a health care professional instead of staying at home. Full of recipes and guidelines on how much and how often, this innovative book is sure to become a household standard and go-to guide for getting well and staying healthy at home.



[Read Healthy at Home: Get Well and Stay Well Without Prescriptions Online](#)



[Download PDF Healthy at Home: Get Well and Stay Well Without Prescriptions](#)

Other eBooks



It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em, Greg Behrendt, Amiira Ruotola-Behrendt, A fabulous new guide to dating...

[Save PDF »](#)



Dom's Dragon - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Dom's Dragon - Read it Yourself with Ladybird: Level 2, Mandy Ross, One day, Dom finds a little red egg and soon he is the owner...

[Save PDF »](#)



Chaucer's Canterbury Tales

Walker. 1 Paperback(s), 2007. soft. Book Condition: New. Travel back to medieval England and join Geoffrey Chaucer's band of Canterbury pilgrims in this introduction to one of Britain's great literary treasuresone of Marcia Williams's puckish...

[Save PDF »](#)



George Washington's Mother

Penguin Putnam Inc. Paperback / softback. Book Condition: new. BRAND NEW, George Washington's Mother, Jean Fritz, DyAnne DiSalvo-Ryan, The All Aboard Reading series features stories that capture beginning readers' imagination while developing their vocabulary and...

[Save PDF »](#)



Frances Hodgson Burnett's a Little Princess

Penguin Young Readers Group. Paperback / softback. Book Condition: new. BRAND NEW, Frances Hodgson Burnett's a Little Princess, Deborah Hautzig, N/A, Natalie Carabetta, The All Aboard Reading series features stories that capture beginning readers' imagination...

[Save PDF »](#)