



# Kitchen Cures: Homemade Remedies for Your Health

*Editors of Reader's Digest*

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## **Kitchen Cures: Homemade Remedies for Your Health** Editors of Reader's Digest

Did you know that home remedies often rival or even exceed the healing power of drugstore medicines? The proof is in: Recent studies have shown that aloe gel improves psoriasis better than prescription cream; walnuts and canned fish lower cholesterol levels; green tea can help you lose weight; and more. *Kitchen Cures* brings the proven remedies of yesteryear into the homes of today! New research is revealing the most effective ways to use ginger, lemon, spices, olive oil, and hundreds of other timeless kitchen staples for health and healing, much as our grandparents once did. And it's all gathered here in one comprehensive, practical guide.

Inside, you'll find:

- **An A-to-Z guide to the natural medicines on your kitchen shelves**- including aloe, baking soda, and wheat germ
- **The 31 most useful kitchen pantry healers**-oatmeal, cinnamon, red wine and honey all make the list
- **How to use kitchen staples to look and feel great**-improve your memory, boost your energy level, and bolster your immunity
- **Smart ways to ease what ails you**-solutions for asthma, eczema, the flu, and depression

This book is your comprehensive guide to natural healing at home. Here are more than 1,000 remedies for the most common health ailments and conditions. Save money, save time, and heal faster and safer. This book shows you everything you need to know to be a savvy home healer.

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