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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Herbal Medicine and Home Remedies Box Set (4 in 1) Included Books Herbal Remedies: How to Use Natural Herbal Remedies to Treat Colds, Arthritis and Other Common Illnesses Turmeric Curcumin: Superfood for Optimal Health: 18 Quick and Tasty Turmeric Recipes to Heal Cancer, Arthritis and Alzheimer s Apple Cider Vinegar and Coconut Oil: Superfoods to Lose Weight, Look Younger and Improve Your Heath Essential Oils for Beginners: How to Use Essential Oils to Reduce Stress, Lose Weight and Heal Your Body Many people are finding that modern pharmaceuticals don t come without side effects and other factors that could be dangerous to their health; so, they are turning to more natural health solutions. Whether it is treating a headache, chronic condition or the common cold, there are herbal remedies that will help you feel better. In fact, these natural remedies are often much better for your health than some of the over-the-counter or prescription medications that can cause dangerous side effects. This comprehensive box set introduces some of the most commonly used herbs as well as the best natural home remedies. You will learn: How to use healing herbs Herbal remedies for colds, arthritis, stomach upset or weight loss The outstanding health benefits of turmeric 18 Delicious turmeric recipes . Apple cider vinegar and coconut oil have been growing in popularity. These superfoods have active components that can fight off bacteria, fungus, and yeast and even regulate metabolism. People who use apple cider vinegar and coconut oil on a regular basis report having fewer digestive issues, weight loss and a much healthier appearance. In this box set, you will discover: The many benefits of using...



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