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# Extensive Guide Of Home Remedies



## Synopsis

This book is an extensive guide on home and natural remedies and helps you prevent illnesses, constipation, help with migraine relief, as well as how to use natural remedies. The book contains a chapter on how to clean the home with natural cleaning products to prevent the spread of diseases and harmful bacteria. This safeguards you and prevents contagion from many illnesses that are caused due to the unclean environment. You will also find tips on how to prevent any food-borne diseases by shopping, handling, storing, cooking and chilling food the correct way with natural remedies. Apart from that, you will find effective home remedies that have worked for generations to cure and prevent a cold and flu, digestive troubles, constipation remedies, and how to get rid of a headache, while preventing skin and hair problems and a range of other common illnesses encountered in daily life. Natural Remedies Natural Laxatives How to get rid of a headache Constipation Remedies Migraine relief Cold Remedies and Throat Treatment Disease Prevention with Natural remedies

## Book Information

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## Customer Reviews

I have been reading books, magazine, and journal articles about home remedies and herbs, foliage, garden additions, weeds, etc. for a long time. It's a hobby or fascination of mine, so I have a pretty extensive knowledge of not only what valuable resources are out there in the natural world, but how books like this stack up to others. I have an expectation of what I'm hoping to find when I pick something like this out. With this book, by Jim Hatfield, I was left with a mixture of fair-to-middlin' to just plain bad. As other users have noted, the book is a little-- sometimes more than a little -- lacking in the information it's trying to impart. Thoughts aren't quite finished, some text is even x'd out, with commentary or the same text written next to it. There are several passages that just trail off, leaving vital data by the wayside. As others have commented, usages, specifics like dosages, and other common details are missing. More than a time or two, since I am experienced in this area, I noticed things that were just plain wrong. That's not to say that some of the information wasn't good, because it was! If I was buying a book on the subject, though, I'd want a compendium -- data that'd been fully researched, and soundly sourced, so I could confirm it. Too, with a compendium, it would be all inclusive, and would provide with hard core specifics on how to use things (numerous ways), how to fabricate things (like medicines, cleaning products, and not just one, but several), etc. Unfortunately, that is not this. With a lot of work, I think this guide could become a valuable resource. From my first read, however, I feel like it might be a while before that's the case.

I received an ebook copy of this guide for free in exchange for a honest and truthful review. First the negatives: This is a very short book. For some reason I was expecting an anthology collection of home remedies, but this is not. There is a list of about 11 things that are ailments to cure or things to improve with your body and for each one there are an average of 5 remedies. There is no information about possible substitutions of certain ingredients if there are allergy concerns. There are no facts about why any of these remedies work or anything to prove that they do work, you just have to try them. The positives: The Table of Contents is linked so you can easily locate remedies for the condition you are looking for. This will make it really easy to use later on as a reference. In the beginning there is a list of most of the ingredients listed in the book so if you wanted to stock up for your own home remedy "pharmacy" you totally could! Although I'm still not sure where to get Goldeneal (whatever that is). The first two chapters talk about home cleanliness and how to avoid food-related illnesses. These seemed out of place in the book and most of these two chapters were common sense and things I've read elsewhere. The real reason people will buy this book is for the

home remedies for ailments and to improve skin/hair condition. That is what this is good for. I did not try any new remedies this read-through due to not needing to at this time. However, many of the remedies were things I have tried in the past especially the ones for digestive disorders.

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