



Home Remedies: An A-Z Guide of Quick And Easy Natural Cures

Meredith Hale

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A handy guide, Home Remedies provides families with ordinary household remedies to treat over 100 common ailments safely, effectively, and inexpensively in an easy-to-use A-to-Z format. Discover easy remedies to help care for everyday health problems with cures from a wide range of sources. Get time-tested, natural easements for coughs, cold and flu viruses, aches and pains, digestive complaints, sleep disorders, skin conditions, and even get some tips to help babies and women's health.

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