



# **The Healing Remedies Sourcebook: Over 1000 Natural Remedies to Prevent and Cure Common Ailments**

*C. Norman Shealy*

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# The Healing Remedies Sourcebook: Over 1000 Natural Remedies to Prevent and Cure Common Ailments

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Loaded with more than 1,000 natural remedies, *The Healing Remedies Sourcebook* will teach you how to naturally treat common problems, including stress, anxiety, depression, headaches, allergies, the common cold, high blood pressure, even diabetes and obesity.

Based on eight therapeutic backgrounds--Chinese herbal medicine, ayurveda, traditional folk remedies, herbalism, aromatherapy, homeopathy, flower remedies, and vitamins and minerals--this sourcebook is comprehensive and easy-to-use. Simply look up your ailment in the extensive list and find the corresponding remedies, treatments, and answers you need. Whether you're looking for the ancient Chinese remedy for arthritis or your grandmother's solution for hiccups, this jam-packed reference book is sure to cure what ails you.

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