



## Traditional Remedies

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By Linda Gray

Ebury Publishing. Hardback. Book Condition: new. BRAND NEW, Traditional Remedies, Linda Gray, Long before the discovery of modern medicines, families used remedies based on plants to treat everyday illness. Now there's a tremendous revival of interest in these home remedies. Not only are they often gentler than manufactured drugs, but many of them are now known to be effective too. This handy little book is packed with advice and recipes, including sections on: aches and pains - compresses, teas and rubs that will soothe joint pains and headaches; coughs, colds and fevers - tried and tested ways in which families have relieved the symptoms of both colds and flu - without antibiotics; stress - gentle remedies that will help promote relaxation; insomnia - practical advice and remedies for the sleep deprived; circulation - safe ways to stimulate blood flow and relieve conditions such as varicose veins, cramp and chilblains. It also includes sections just for women - folk remedies designed to sort out the ups and downs in the menstrual cycle, help with nursing and childbirth and smooth the passage of the menopause; and alternative first aid - a short list of natural ingredients to add to a first-aid kit...



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