

the doctors book of home remedies pdf

the doctors book of home remedies pdf is a valuable resource for individuals seeking practical, reliable, and medically sound solutions for common ailments from the comfort of their home. This comprehensive guide compiles a wide array of remedies that have been vetted by healthcare professionals, offering an accessible approach to managing minor health issues without immediate professional intervention. The book encompasses treatments for everyday conditions such as colds, headaches, digestive troubles, skin irritations, and more, providing clear instructions and explanations for each remedy. With the convenience of a PDF format, users can easily access the information on various devices, making it a handy reference for quick consultation. This article explores the content and benefits of the doctors book of home remedies pdf, including its structure, types of remedies included, and tips for safe and effective use. Additionally, it discusses how this guide complements conventional medical advice and promotes informed self-care.

- Overview of the Doctors Book of Home Remedies PDF
- Types of Remedies Included
- Benefits of Using the PDF Format
- How to Use the Book Safely and Effectively
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Overview of the Doctors Book of Home Remedies PDF

The doctors book of home remedies pdf serves as an authoritative compilation of conventional and natural treatments designed to address common health issues. It is authored and reviewed by medical professionals to ensure accuracy and safety, making it a trusted source for home health care. The format caters to modern users who prefer digital access, allowing for quick searches, bookmarking, and portability. This comprehensive manual typically features detailed explanations of symptoms, causes, and step-by-step remedy instructions. Additionally, it may include preventive advice and recommendations for when to seek professional medical attention.

Content Structure and Organization

The book is organized methodically, usually by body system or symptom category, such as respiratory, digestive, skin conditions, and pain management. Each section provides clear descriptions of ailments followed by home-based interventions. The remedies range from herbal treatments and dietary adjustments to physical therapies and lifestyle modifications. Supporting information often includes contraindications, dosage guidelines, and potential side effects to ensure informed application.

Authorship and Medical Validation

One of the key features of the doctors book of home remedies pdf is its foundation in medical expertise. Authored or reviewed by licensed physicians, pharmacists, or healthcare practitioners, the remedies included are based on clinical evidence or long-standing traditional use validated by medical research. This adds credibility and reassures users about the efficacy and safety of the treatments offered.

Types of Remedies Included

The range of remedies in the doctors book of home remedies pdf covers a broad spectrum of health concerns and treatment modalities. It provides natural, over-the-counter, and simple home-based techniques aimed at symptom relief and minor ailment management. This variety allows users to tailor their approach based on personal preferences and medical needs.

Natural and Herbal Remedies

This section focuses on plant-based treatments, including the use of herbs, essential oils, and natural supplements. Examples include chamomile for digestive relief, peppermint for headaches, and aloe vera for skin irritations. The remedies specify preparation methods such as teas, poultices, or topical applications.

Dietary and Lifestyle Recommendations

Many remedies emphasize the role of nutrition and lifestyle in health maintenance. The book includes advice on hydration, balanced diets, exercise, stress management, and sleep hygiene, which collectively support the body's natural healing processes and prevent recurrence of symptoms.

Physical Therapies and Home Care Techniques

Non-pharmacological treatments such as warm compresses, cold packs, massage, and rest are detailed to provide symptom relief. Instructions for safe application and duration help users utilize these techniques effectively without causing harm.

Benefits of Using the PDF Format

The availability of the doctors book of home remedies in PDF format offers several advantages for users seeking convenient and reliable health information. This digital format enhances accessibility, organization, and portability, making it an essential tool for modern health management.

Portability and Convenience

Users can store the PDF on smartphones, tablets, or computers, allowing immediate reference anytime and anywhere. This is especially useful during travel, outdoor activities, or emergencies when physical copies may not be accessible.

Searchability and User-Friendly Navigation

The digital nature of the PDF allows for keyword searches, enabling users to quickly locate specific remedies or symptoms without flipping through pages. Hyperlinked tables of contents or bookmarks further improve navigation and user experience.

Cost-Effectiveness and Environmental Impact

PDF versions eliminate printing costs and reduce paper usage, making them an economical and eco-friendly alternative to traditional printed books. Updates and revisions can also be distributed efficiently in digital format.

How to Use the Book Safely and Effectively

While the doctors book of home remedies pdf provides valuable guidance, it is essential to apply the information responsibly to ensure safety and effectiveness. Proper understanding and adherence to the instructions are critical to achieving desired health outcomes.

Reading and Following Instructions Carefully

Each remedy should be followed precisely as described, including preparation methods, dosages, and application frequency. Misinterpretation or deviation can reduce effectiveness or cause adverse effects.

Recognizing When to Seek Professional Help

The book typically advises users to consult healthcare providers if symptoms persist, worsen, or are severe. It is important not to rely solely on home remedies for serious or potentially life-threatening conditions.

Considering Allergies and Medical Conditions

Users should review their personal health history and possible allergies before trying new remedies, particularly those involving herbal or natural ingredients. Consulting a healthcare professional prior to use is recommended for those with chronic illnesses or who are pregnant or nursing.

Integration with Professional Medical Care

The doctors book of home remedies pdf is designed to complement, not replace, professional medical advice and treatment. It empowers individuals with knowledge to manage minor health issues effectively while promoting informed decision-making regarding their health.

Supporting Preventive Health Practices

By encouraging healthy habits and early intervention, the book aids in reducing the frequency and severity of common ailments, potentially decreasing the need for medical visits.

Enhancing Patient-Doctor Communication

Users who familiarize themselves with home remedies can have more informed discussions with healthcare providers, facilitating better diagnosis and treatment planning.

Emergency Preparedness and Immediate Care

In situations where immediate professional care is unavailable, the remedies provide practical steps for symptom management until help can be accessed, improving outcomes and comfort.

Common Home Remedies Highlighted

The doctors book of home remedies pdf covers numerous tried-and-tested treatments for everyday conditions. These remedies are easy to implement and utilize commonly available household items or natural products.

- **Cold and Flu Relief:** Steam inhalation, honey and lemon tea, saline nasal sprays.
- **Headache Management:** Peppermint oil application, hydration, rest in a dark room.
- **Digestive Issues:** Ginger tea for nausea, apple cider vinegar for indigestion, probiotics.
- **Skin Irritations:** Aloe vera gel for burns, oatmeal baths for itching, cold compresses for swelling.
- **Minor Cuts and Scrapes:** Cleaning with saline, applying antibiotic ointments, covering with sterile bandages.

Frequently Asked Questions

Where can I download 'The Doctors Book of Home Remedies' PDF safely?

You can download 'The Doctors Book of Home Remedies' PDF from authorized ebook retailers or official publisher websites to ensure safety and legality. Avoid unverified sources to prevent malware risks.

Is 'The Doctors Book of Home Remedies' PDF available for free?

Typically, 'The Doctors Book of Home Remedies' PDF is not available for free legally. However, some libraries or authorized platforms may offer free access through membership or subscription.

What kind of home remedies are covered in 'The Doctors Book of Home Remedies'?

The book covers a wide range of home remedies for common ailments, including treatments for colds, headaches, skin conditions, digestive issues, and minor injuries using natural ingredients and practical advice.

Can 'The Doctors Book of Home Remedies PDF' replace professional medical advice?

No, while the book offers valuable home remedy tips, it should not replace professional medical advice. For serious or persistent health issues, consulting a healthcare professional is essential.

Is 'The Doctors Book of Home Remedies' suitable for all age groups?

Yes, the book provides remedies that are generally safe for all age groups, but it is important to consider individual health conditions and consult a doctor before applying remedies to children, elderly, or those with chronic illnesses.

How is 'The Doctors Book of Home Remedies' organized in the PDF version?

The PDF version is typically organized by symptoms or health conditions, making it easy to find remedies related to specific issues, along with explanations of causes and preventative tips.

Are the remedies in 'The Doctors Book of Home Remedies' scientifically proven?

Many remedies in the book are based on traditional practices and some scientific research, but not

all are fully validated by modern medicine. Readers should use discretion and consult healthcare providers as needed.

Can I print 'The Doctors Book of Home Remedies' PDF for personal use?

Yes, if you have legally obtained the PDF, you can print it for personal use. However, sharing or distributing printed copies without permission may violate copyright laws.

Additional Resources

1. *The Home Doctor: Practical Medicine for Every Household*

This comprehensive guide offers practical advice on treating common ailments at home using natural remedies and basic medical knowledge. It is designed for families who want to be prepared for emergencies and everyday health issues without immediate access to professional care. Filled with clear instructions and easy-to-find ingredients, it empowers readers to take control of their health safely.

2. *Natural Home Remedies: The Complete Guide to Herbal Medicine*

Focusing on herbal medicine, this book provides detailed information on how to use plants and herbs to treat a variety of conditions. It includes preparation methods, dosages, and safety tips, making it a valuable resource for anyone interested in natural healing. The book also explores the history and science behind herbal remedies.

3. *The Family Herbal: A Guide to Home Remedies and Herbal Treatments*

This book is a trusted resource for families looking to incorporate herbal treatments into their healthcare routine. It covers remedies for common illnesses, skin conditions, and minor injuries, explaining how to grow, harvest, and prepare herbs at home. Readers will find step-by-step instructions and practical tips for safe usage.

4. *DIY Medicine: Essential Home Remedies for Health and Wellness*

DIY Medicine offers readers a hands-on approach to managing health issues with simple, effective remedies made from everyday ingredients. It emphasizes prevention and natural healing, with recipes for salves, teas, and tinctures. The book is ideal for those interested in reducing dependence on pharmaceuticals through informed, home-based care.

5. *The Herbal Medicine-Maker's Handbook: A Home Manual*

This manual is perfect for beginners interested in making their own herbal remedies at home. It guides readers through the basics of herbal medicine preparation, including tinctures, oils, and salves, with clear instructions and safety considerations. The book also discusses how to source quality herbs and store remedies properly.

6. *The Complete Book of Home Remedies*

A classic in the realm of home healthcare, this book offers a vast collection of remedies for ailments ranging from colds to digestive issues. It combines traditional wisdom with modern medical insights to provide effective, accessible solutions. The easy-to-navigate format makes it a quick reference for busy households.

7. *Backyard Medicine: The Practitioner's Guide to Herbal Remedies*

Backyard Medicine teaches readers how to identify, harvest, and use wild plants for medicinal purposes. It encourages self-reliance and sustainability by turning your own backyard into a source of healing herbs. The book includes safety tips and detailed descriptions of plant properties and uses.

8. *Home Remedies for Common Ailments: Trusted Treatments for Everyday Health*

This concise guide focuses on easy-to-follow remedies for common health problems like headaches, colds, and minor cuts. It provides natural and over-the-counter treatment options, ensuring readers have multiple approaches to choose from. The straightforward language and practical advice make it suitable for all ages.

9. *The Doctor's Herbal: Remedies and Recipes for Home Health*

Written by a medical professional with a passion for herbal medicine, this book bridges conventional and alternative health practices. It offers recipes for herbal remedies alongside explanations of their medicinal properties and potential interactions. Ideal for those seeking a balanced approach to home health care.

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The Doctor's Book of Home Remedies PDF

Author: Dr. Evelyn Reed (Fictional Author)

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The Doctor's Book of Home Remedies: A

Comprehensive Guide to Natural Healing

Introduction: The Power of Natural Healing & Disclaimer

In today's fast-paced world, many people are turning to natural remedies to address common health concerns. This comprehensive guide, "The Doctor's Book of Home Remedies," provides a wealth of information on using readily available ingredients and techniques to alleviate symptoms and promote overall wellness. However, it's crucial to understand that this book is intended for informational purposes only and should not be considered a substitute for professional medical advice. Always consult with a qualified healthcare professional before starting any new treatment plan, especially if you have pre-existing health conditions or are taking medication. The remedies discussed here are not intended to diagnose, treat, cure, or prevent any disease.

Chapter 1: Common Cold & Flu Remedies

The common cold and influenza are viral infections that cause a range of unpleasant symptoms. This chapter explores natural ways to alleviate these symptoms, including:

Rest and Hydration: Emphasizing the importance of adequate rest and fluid intake to support the body's natural healing processes.

Herbal Teas: Exploring the benefits of herbal teas like chamomile, ginger, and echinacea in soothing sore throats, reducing congestion, and boosting immunity. The chapter will detail proper brewing techniques and potential contraindications.

Warm Compresses: Explaining how warm compresses can help relieve nasal congestion and sinus pressure.

Gargle with Salt Water: Describing the effectiveness of salt water gargles in soothing a sore throat.

Humidifier Use: Detailing the benefits of using a humidifier to add moisture to the air, thereby easing congestion.

Chicken Soup: Scientifically examining the benefits of chicken soup in alleviating cold and flu symptoms. We'll discuss the nutritional value and its effect on inflammation.

Chapter 2: Digestive Issues & Home Remedies

Digestive problems are incredibly common. This chapter focuses on natural remedies for various digestive issues, including:

Bloating and Gas: Examining the causes of bloating and gas and offering home remedies like ginger, peppermint tea, and fennel seeds. The chapter will differentiate between occasional bloating and more serious conditions requiring medical attention.

Constipation: Discussing the importance of fiber and hydration in preventing and treating constipation, along with gentle laxative options like psyllium husk.

Diarrhea: Offering advice on rehydration and suggesting remedies like BRAT diet (bananas, rice, applesauce, toast) to help manage diarrhea. We'll discuss when to seek medical attention for severe diarrhea.

Heartburn and Acid Reflux: Providing natural remedies such as aloe vera juice, slippery elm, and avoiding trigger foods.

Nausea and Vomiting: Offering gentle remedies like ginger ale and acupressure techniques to

alleviate nausea and vomiting.

Chapter 3: Skin Conditions and Natural Treatments

This chapter covers a range of common skin conditions and explores natural treatment options:

Acne: Discussing the role of diet, hygiene, and natural ingredients like tea tree oil and aloe vera in managing acne.

Eczema: Exploring the use of soothing agents such as oatmeal baths and aloe vera to relieve eczema symptoms. We'll stress the importance of identifying triggers and avoiding harsh chemicals.

Minor Cuts and Scrapes: Providing instructions for basic first aid, including cleaning and dressing minor wounds. We'll differentiate between minor and serious wounds needing medical attention.

Sunburns: Offering advice on soothing sunburns with aloe vera, cool compresses, and avoiding further sun exposure.

Insect Bites and Stings: Explaining how to treat insect bites and stings with natural remedies like baking soda paste or apple cider vinegar.

Chapter 4: Headaches and Migraines: Natural Relief

Headaches and migraines are prevalent health issues. This chapter explores natural ways to manage headache pain:

Stress Reduction Techniques: Discussing the link between stress and headaches and providing relaxation techniques like deep breathing exercises and meditation.

Hydration: Highlighting the importance of adequate hydration in preventing headaches.

Essential Oils: Exploring the use of essential oils like lavender and peppermint to alleviate headache pain.

Acupressure Points: Identifying acupressure points that may help relieve headache pain. The chapter will include clear diagrams and instructions.

Dietary Changes: Suggesting dietary modifications that may help reduce the frequency and severity of headaches, such as avoiding trigger foods.

Chapter 5: Minor Cuts, Burns, and Bruises: First Aid at Home

This chapter provides guidance on basic first aid for minor injuries:

Cleaning and Dressing Wounds: Providing detailed instructions on how to properly clean and dress minor cuts and scrapes.

Treating Burns: Explaining how to treat minor burns with cool water and aloe vera. The chapter will differentiate between first, second, and third-degree burns and highlight when medical attention is necessary.

Treating Bruises: Offering advice on managing bruises using cold compresses and elevation.

Chapter 6: Sleep Problems and Natural Solutions

Sleep disorders are increasingly common. This chapter explores natural approaches to improving sleep quality:

Sleep Hygiene: Discussing the importance of establishing a regular sleep schedule, creating a relaxing bedtime routine, and optimizing the sleep environment.

Herbal Teas: Recommending calming herbal teas like chamomile and valerian root to promote relaxation and sleep.

Meditation and Relaxation Techniques: Providing guided meditation scripts and other relaxation techniques to improve sleep quality.

Dietary Considerations: Advising on dietary changes that can improve sleep, such as avoiding caffeine and alcohol before bed.

Chapter 7: Boosting Immunity Naturally

This chapter focuses on strategies for naturally boosting the immune system:

Nutrition: Emphasizing the importance of a balanced diet rich in fruits, vegetables, and whole grains to support immune function.

Exercise: Highlighting the benefits of regular physical activity in strengthening the immune system.

Stress Management: Reiterating the link between stress and immune function and recommending stress-reducing techniques.

Sleep: Re-emphasizing the crucial role of adequate sleep in supporting immune health.

Supplements: Discussing the potential benefits of certain supplements, like Vitamin C and Vitamin D, but emphasizing the need for consultation with a healthcare professional before taking any supplements.

Chapter 8: Essential Oils for Home Remedies

This chapter explores the therapeutic uses of essential oils:

Safety Precautions: Emphasizing the importance of using essential oils safely and responsibly, including proper dilution and avoiding contact with eyes.

Specific Oil Uses: Detailing the properties and uses of various essential oils for common ailments, such as lavender for relaxation, tea tree oil for antiseptic purposes, and peppermint for headaches. The chapter will include detailed safety information for each oil.

Diffusing and Topical Application: Explaining different methods of using essential oils, including diffusing and topical application with a carrier oil.

Conclusion: Maintaining Wellness Through Natural Methods

This book offers a range of natural remedies for common ailments. Remember that these remedies are meant to complement, not replace, professional medical care. By combining these natural approaches with a healthy lifestyle that includes a balanced diet, regular exercise, adequate sleep, and stress management, you can significantly contribute to your overall health and well-being.

FAQs

1. Is this book a replacement for medical advice? No, this book is for informational purposes only and should not replace professional medical advice.
2. Are these remedies safe for everyone? Not necessarily. Some remedies may interact with medications or be unsuitable for certain individuals. Consult your doctor before using any new remedy.
3. Where can I find the ingredients mentioned? Many ingredients are readily available at grocery stores, pharmacies, or health food stores.
4. How long does it take to see results? The effectiveness and timeline for results vary depending on the remedy and the individual.
5. What if a home remedy doesn't work? If symptoms persist or worsen, consult a healthcare professional.
6. Are there any side effects to these remedies? While generally safe, some remedies may cause mild side effects in certain individuals. The book will highlight potential side effects for each remedy.
7. Can I use these remedies on children? Some remedies may be suitable for children, but always consult a pediatrician before using any remedy on a child.
8. Can I use these remedies during pregnancy? Consult your doctor before using any remedy during pregnancy or breastfeeding.
9. Is this book based on scientific evidence? Yes, the information presented is based on scientific research and traditional knowledge, but it's important to consult with your healthcare professional for personalized advice.

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6. First Aid Kit Essentials for Home: Provides a guide to creating a comprehensive home first aid kit.
7. Understanding and Treating Common Skin Rashes: Offers insights into identifying and treating different skin rashes.
8. Herbal Remedies for Digestive Health: Details the use of herbs in improving digestive health.
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depression, as well as solving a variety of everyday health complaints such as pizza burn and motion sickness. From acne to age spots, from teething to pet problems, you'll have the information you need to help the whole family, right in the privacy of your own home. Organized in a handy format with a comprehensive index, every chapter provides easy-to-follow remedies that show you how to use things you probably have around the house. You'll find out how to make the most of common foods such as honey, bananas, and oatmeal. You'll learn which vitamins and over-the-counter medications you should use and when. You'll even discover new ways to make the mind-body connection and how to tap into the unique healing power of the herbs that might be growing in your own backyard. Among the thousands of helpful remedies are those that will show you how to: *

- * Control excessive worrying
- * Calm a rapid heartbeat
- * Prevent jet lag
- * Relieve ulcer pain
- * Cope with carpal tunnel syndrome
- * Head off your next headache
- * Soothe an upset stomach
- * Get a good night's sleep
- * Stop a nosebleed
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Trusted. Valued. Essential. The Doctors Book of Home Remedies is sure to address your most frequent health questions with practical, useful answers. this book endures as a superb one-stop resource that will offer you and your family peace of mind for many years to come.

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Health Remedies—in a world of questionable cures, it's the one book you can trust.

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the doctors book of home remedies pdf: The Doctors Book of Food Remedies Selene Yeager, Editors of Prevention, 2008-05-27 Hundreds of tips to help you boost immunity, fight fatigue, ease arthritis, and protect your health.

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the doctors book of home remedies pdf: The Doctors Book of Home Remedies for Dogs and Cats Prevention Magazine Editors, 1997-08-04 In this practical and entertaining guide, the top veterinarians and animal experts in the country offer more than 1,000 effective tips for treating common pet problems, such as: allergies, bad breath, ear mites, fleas, itchy skin, paw problems, teething pain, weepy eyes, and wounds. But, much more than a guide to the physical and emotional problems of pets, *The Doctors Book of Home Remedies for Dogs and Cats* also provides solutions to some of the toughest behavior problems, letting pet owners know when it is necessary to visit the vet--and what they can do until they get there. Since the health needs of dogs and cats are often entirely different, there are also specific tips for both cats and dogs, along with more than 75 easy-to-follow illustrations. Having this ultimate do-it-yourself pet-care book is like having a veterinarian on call 24 hours a day.

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guides you to choose the appropriate and most effective response.

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Sherwin B. Nuland, 2011-10-19 From the author of How We Die, the extraordinary story of the development of modern medicine, told through the lives of the physician-scientists who paved the way. How does medical science advance? Popular historians would have us believe that a few heroic individuals, possessing superhuman talents, lead an unselfish quest to better the human condition. But as renowned Yale surgeon and medical historian Sherwin B. Nuland shows in this brilliant collection of linked life portraits, the theory bears little resemblance to the truth. Through the centuries, the men and women who have shaped the world of medicine have been not only very human, but also very much the products of their own times and places. Presenting compelling studies of great medical innovators and pioneers, Doctors gives us a fascinating history of modern medicine. Ranging from the legendary Father of Medicine, Hippocrates, to Andreas Vesalius, whose Renaissance masterwork on anatomy offered invaluable new insight into the human body, to Helen Taussig, founder of pediatric cardiology and co-inventor of the original blue baby operation, here is a volume filled with the spirit of ideas and the thrill of discovery.

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Meredith Hale, 2015-09-30 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

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essential medicines. In some settings these guidelines can be used in any facilities where sick children are admitted for inpatient care. The Pocket Book is one of a series of documents and tools that support the Integrated Management.

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based on your dosha. Dr. Lad first explains the principles behind the science of Ayurveda, exploring the physical and psychological characteristics of each of the three doshas, or mind-body types--vata, pitta, and kapha. Once you have determined which type or combination of types you are, Dr. Lad helps you to begin your journey to the ultimate state of balance and well-being. Dr. Lad explains why certain imbalances often result in illness and shows you how to restore your body to natural order. You'll learn which traditional Ayurvedic remedies--herbal teas and formulas, essential oils, meditation, yoga--offer relief from a variety of conditions, such as cold and flu symptoms, headaches, toothaches, sore throats, high cholesterol, vision problems, anxiety, and depression. Dr. Lad also shows you how to use diet and specific Ayurvedic techniques to prevent future illness and to promote body consciousness and healthy living. The Complete Book of Ayurvedic Home Remedies enables us all to experience the benefits of Ayurveda's healing properties that have been refined over thousands of years. All of the herbs, foods, and oils Dr. Lad recommends can be found in local health food stores or through mail-order catalogs. Complete with an extensive glossary and resource list, this is the definitive guide to natural, safe, and effective remedies, everyday keys to a lifetime of vitality and well-being.

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Arundhati Govind Hoskeri, 2015-04-30

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bites, skin rashes, PMS, and upset stomach. The book includes thrifty and easy remedies that can be made from items commonly found in the pantry, refrigerator, and garden. Readers get DIY solutions they can use for quick relief of common ailments through natural alternatives--without a trip to the pharmacy. For example, using a paste of crushed up aspirin and water to calm the inflammation of sunburn. Each remedy references the latest studies and medical advice to tell readers why it works—i.e. valerian root is a mild version of the prescription drug valium thus making a cup of valerian tea the perfect remedy for stress, PMS, and other nervous conditions.

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term). Recent studies show that blood pressure can be lowered by following the Dietary Approaches to Stop Hypertension (DASH) eating plan-and by eating less salt, also called sodium. While each step alone lowers blood pressure, the combination of the eating plan and a reduced sodium intake gives the biggest benefit and may help prevent the development of high blood pressure. This book, based on the DASH research findings, tells how to follow the DASH eating plan and reduce the amount of sodium you consume. It offers tips on how to start and stay on the eating plan, as well as a week of menus and some recipes. The menus and recipes are given for two levels of daily sodium consumption-2,300 and 1,500 milligrams per day. Twenty-three hundred milligrams is the highest level considered acceptable by the National High Blood Pressure Education Program. It is also the highest amount recommended for healthy Americans by the 2005 U.S. Dietary Guidelines for Americans. The 1,500 milligram level can lower blood pressure further and more recently is the amount recommended by the Institute of Medicine as an adequate intake level and one that most people should try to achieve. The lower your salt intake is, the lower your blood pressure. Studies have found that the DASH menus containing 2,300 milligrams of sodium can lower blood pressure and that an even lower level of sodium, 1,500 milligrams, can further reduce blood pressure. All the menus are lower in sodium than what adults in the United States currently eat-about 4,200 milligrams per day in men and 3,300 milligrams per day in women. Those with high blood pressure and prehypertension may benefit especially from following the DASH eating plan and reducing their sodium intake.

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