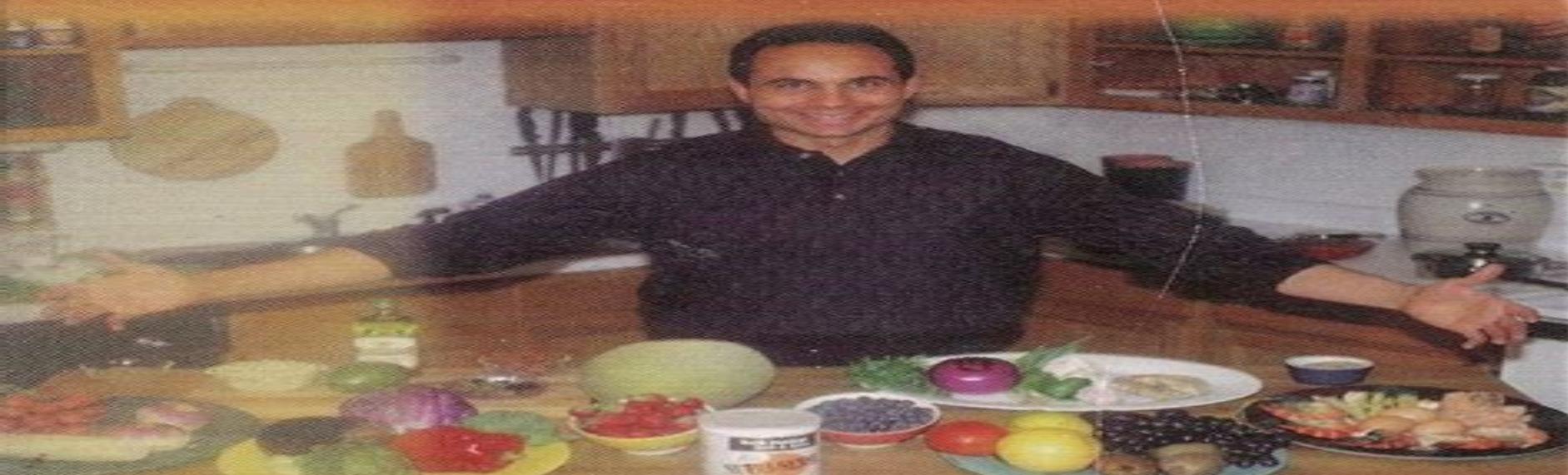


DR. CASS INGRAM'S



HOW TO USE
**Home
Remedies**
FOR BETTER HEALTH

Proven remedies from the supermarket,
cupboard, kitchen, and pharmacy

with Judy Kay Gray, M.S.

Supermarket Remedies Proven Home Remedies From Your Supermarket

FC&A Publishing

Supermarket Remedies Proven Home Remedies From Your Supermarket:

Supermarket Remedies Cassim Ingram,Judy Kay Gray,1998 Medicines in the supermarket instead of the drug store Start your search for preventing or curing illness in the supermarket Dr Ingram's Supermarket Remedies help you discover foods which fight everyday ailments stop pain and save you money Includes special section describing the Top 12 Diseases and their Supermarket Remedies if you have arthritis asthma heart disease cancer anemia colitis diabetes high blood pressure and numerous other illnesses find out the correct foods to eat

500 Time-Tested Home Remedies and the Science

Behind Them Linda B. White, M.D.,Barbara Brownell Grogan,Barbara H. Seeber,2013-12 500 Time Tested Home Remedies and the Science Behind Them is a comprehensive authoritative family reference provides you with quick efficient relief for hundreds of common ailments

The Doctors Book of Home Remedies for Children Prevention Magazine

Editors,1995-01-01 The essential home medical reference guide for children from infancy through age twelve The Doctors Book of Home Remedies for Children is a book no parent will want to be without It contains safe and easy home remedies for the bumps bruises aches pains scratches and sniffles that come with childhood The editors of Prevention Magazine Health Books asked more than 250 doctors nurses and health care professionals for healing tips and techniques that parents could use at home The result is this practical easy to use medical reference for hundreds of childhood ailments Inside you'll learn what medical experts do to stop bee stings from hurting keep poison ivy from itching and even stop siblings from fighting Medical Alerts tell parents when to call a doctor a Prevention section provides pointers for keeping kids accident free and under First Aid you'll find essential emergency procedures Now every parent can get doctor recommended remedies for everything from allergies and animal bites to toothaches and TV addiction

Better Nutrition ,2000-10 Reaching nearly 1

million readers monthly Better Nutrition celebrates 70 years as a leading in store distributed magazine for health conscious consumers Widely distributed to thousands of health food stores and grocery chains across the country Better Nutrition provides authoritative well researched information on food nutrition dietary concerns supplements and other natural products

Subject Guide to Books in Print ,2001 *Homemade* Editors at Reader's Digest,2018-02-06 Make your own pantry staples cleaning products pet food health and beauty supplies and hundreds of other household items fast fresh and more naturally Here are low cost all natural replacement recipes for more than 700 name brand products that you buy week in and week out at the supermarket pharmacy or discount store Save a fortune making your own everyday cooking cleaning and toiletry products At the same time you'll fill your cabinets with fresh super high quality products that work or taste great without all the chemicals and preservatives of store bought versions Plus think green you will greatly reduce the amount of useless environment damaging waste and garbage spray bottles jars and cans For cleaning laundering and polishing the compounds are much gentler and less damaging to drains sewage and septic systems The ingredients in most brand name products account for only pennies of the purchaser's dollar and rest of what you spend covers advertising packaging shipping

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The Doctors Book of Home Remedies for Preventing Disease Hugh O'Neill, 1999 The original Doctors Book of Home Remedies was a publishing phenomenon selling more than 13 million copies in seven different languages Now this latest addition to the bestselling series takes the goal of optimum health even further Here in one convenient A to Z volume is topnotch advice from world class doctors that can help prevent 125 common ailments everything from life threatening illnesses like heart disease and cancer to everyday annoyances like dry hair and bad breath Along with the cutting edge advice from traditional medicine this book offers tips from alternative medicine as well including herbs meditation massage vitamin and mineral supplements lifestyle changes and much much more Plus you'll enjoy the many helpful and unusual tips that lend this book its unique flavor and range For example you'll learn how just dropping your fork can beat belching how vitamin E can prevent PMS what the cosmetic benefits of psychotherapy are and how biking can head off varicose veins Here's everything doctors know about the art and science of staying well translated into clear actionable advice

Popular Science, 1977-06 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better

The Doctors Book of Home Remedies II Sid Kirchheimer, 1993 Professional advice from nearly 700 physicians 1 794 healing secrets and tested home remedies for 238 common medical conditions

1,001 Home Health Remedies for Seniors FC&A Publishing, 2000 People are living longer than ever The baby boomers are moving into their golden years and they are staying healthy through knowledge the kind of knowledge found in our book 1 001 Home Health Secrets for Seniors Everything you need for total health care from your head to your feet can be found in this book The chapters are conveniently organized alphabetically by condition You can flip right to your area of concern or you can read the book from cover to cover You're sure to find useful information for yourself and your family

The Doctor's Book of Home Remedies for Men Jack Croft, 1999-03-15 The bestselling Doctors Book series now offers the definitive guide to self care for men a road map to better health less stress and fewer aggravations in daily life 20 illustrations

Popular Science, 1977

Treasury of Home Remedies and Natural Cures Bottom Line Books, Joan

Wilens, Lydia Wilen, 2023-08 Includes home remedies natural cures and alternative approaches to aches pains and diseases from acupressure and aromatherapy to natural techniques for quitting smoking and managing weight *The Doctor's Book of Home Remedies for Women* Prevention Magazine, Sharon Faelten, 1998 Following in the tradition of The Doctors Book of Home Remedies this book focuses on the symptoms diseases and health issues that most often affect women Written by some of the most accomplished female doctors in the world and their alternative therapy counterparts The Doctors Book of Home Remedies for Women gives the most effective home remedies for migraines gingivitis PMS dry skin and much much more No woman should be without this immensely helpful and wise book [Beyond the Mirror](#) Olha Vorodyukhina, Jean

Bertram, 2022-11-09 The benefits of looking good go much further than skin deep Ask yourself how many times you have looked in the mirror put a finger on both sides of your face and lifted out the lines that are slowly appearing around your mouth and thought wouldn't it be lovely to have a little help Maybe you've thought I'll do this now and I'll call the clinic I've seen advertised book an appointment and go to have some work done It's not a decision that most would make lightly considering how to choose the right clinic whether they have the time money and motivation to commit to the thought There may even be the little niggle in the back of their mind that they could in fact age positively with just a little help and advice This is a book that supports everyone who wants the truth from the experts but also everyday people who are not celebrities or influencers to help them make the right choices for themselves [Weekly World News](#), 2000-11-14 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world's only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site [A Bibliography on Herbs, Herbal Medicine, "natural" Foods, and Unconventional Medical Treatment](#) Theodora Andrews, William L.

Corya, Donald A. Stickel, 1982 749 entries to scientific and popular books Includes some of the best works in the field representative examples of poor ones and some unusual titles Arranged in 2 parts covering general reference sources and source materials by subject areas Each entry gives bibliographical information and abstract Contains a directory of organizations associations and groups Author title and subject indexes [Library Journal](#), 1995 [Library Journal](#)

Melvil Dewey, Richard Rogers Bowker, L. Pylodet, Charles Ammi Cutter, Bertine Emma Weston, Karl Brown, Helen E. Wessells, 2006 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately **[The Consumer Health Information Source Book](#)**

Alan M. Rees, Catherine Hoffman, 1990 How can an award winning source book that helps consumers find health information be improved Health expert Alan Rees has done just that in his sixth edition by providing practical advice on using the Internet tips on where to find Spanish language health pamphlets and recommendations on what's most important in the world of alternative medicine The sixty edition provides users with an annotated guide to health related resources hotlines newsletters pamphlets Web sites CD ROMS magazines books and more Readers are given a

description on each resource and how to best use it

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