

Home Remedies From The Old South

Historical Dictionary of the Old South

William Lee Richter 2013 Historical Dictionary of the Old South, Second Edition covers the history of the Old South through a chronology, an introductory essay, and an extensive bibliography. The cross-referenced dictionary section has over 600 cross referenced dictionary entries on politics, culture, and the economy of the Old South. This book is an excellent access point for students, researchers, and anyone wanting to know more about the Old South.

Medicinal Plants for Holistic Health and Well-Being

Namrita Lall 2017-09-27 Medicinal Plants for Holistic Health and Well-Being discusses, in depth, the use of South African plants to treat a variety of ailments, including tuberculosis, cancer, periodontal diseases, acne,

postmacular hypomelanosis, and more. Plants were selected on the basis of their traditional use, and the book details the scientific evidence that supports their pharmacological and therapeutic potential to safely and effectively treat each disease. Thus, this book is a valuable resource for all researchers, students and professors involved in advancing global medicinal plant research. Many plants found in South Africa are also found in other parts of the world. Each chapter highlights plants from other worldwide locations so that scientists can study which plants belong to the same family, and how similar qualities can be used to treat a specific disease. Uses traditional medicine as an efficient means to identify and further investigate South African and similar plants used as lead compounds in modern drug discovery Includes a

number of chapters dedicated to using medicinal plants to treat various skin disorders, which is not covered often in other books on medicinal plants Organized by specific diseases, with vital evidence-based data related to the bioactivity, pharmacological potential, chemical structure and safety information

The Vinegar Home Guide Emily Thacker
2005-07-01 Learn how to clean and freshen with natural, environmentally-safe vinegar in the house, garden and laundry. Plus, delicious home-style recipes! Emily Thacker presents her second volume of hundreds of all-new vinegar tips. Use versatile vinegar to add a low-sodium zap of flavor to your cooking, as well as getting your house “white-glove” clean for just pennies. Plus, safe and easy tips on shining and polishing brass, copper & pewter and removing stubborn stains & static cling in your laundry!

Resources of the Southern Fields and Forests, Medical, Economical, and Agricultural Francis Peyre Porcher 1863

Raised on Old-Time Country Cooking Bettye B. Burkhalter 2012-10-26 Sixteen generations later, the same old winding roads and blazed trails throughout the three novels lead us all back home to nostalgic dishes and the worlds from which they came. Upon arrival at the old home place, we quickly find our favorite room: Mamas kitchen. The familiar sounds of pots and pans and aromas of old-time country cooking float in and out of our senses. Suddenly, visions of chocolate pies swirled high with meringues cooling on the kitchen window sill are as clear as yesterday. The sizzling sounds of Mama frying chicken on the old wood-stove remind us that her kitchen offered southern hospitality at its best. The trip down memory lane of days gone by rekindles the true meaning of Home Sweet Home. As we stop and reminisce, hot tears blur our vision and we ask ourselves where did all the years go?

The Magic of Hydrogen Peroxide Emily Thacker
2010-06-01 An Ounce of Hydrogen Peroxide is

Worth a Pound of Cure Hydrogen peroxide is trusted by every hospital and emergency room in the country for its remarkable ability to kill deadly germs like E. coli and the swine flu virus. In fact, it has attracted so much interest from doctors that over 6000 articles about it have appeared in scientific publications around the world. Research has discovered that hydrogen peroxide enables your immune system to function properly and fight infection and disease. Doctors have found it can shrink tumors and treat allergies, Alzheimer's, asthma, clogged arteries, diabetes, digestive problems and migraine headaches. Smart consumers nationwide are also discovering there are hundreds of health cures and home remedy uses for hydrogen peroxide. A new book called *The Magic of Hydrogen Peroxide* is now available that tells you exactly how to use hydrogen peroxide by itself... and mixed with simple everyday kitchen items... to make liniments, rubs, lotions, soaks and tonics that treat a wide

variety of ailments. It contains tested and proven health cures that do everything from relieving chronic pain to making age spots go away. You'll be amazed to see how a little hydrogen peroxide mixed with a pinch of this or that from your cupboard can:

- Relieve the pain of arthritis, rheumatism and fibromyalgia
- Treat athlete's foot
- Clear up allergies and sinus problems
- Soothe sore throats
- Fight colds and flu
- Help heal boils and skin infections
- Whiten teeth without spending a fortune
- Destroy harmful dental bacteria and heal gingivitis
- Help heal cold sores and canker sores
- Clear up foot and nail fungus
- Relieve the sting and pain of insect bites
- Soothe sore feet
- Relieve ear aches
- Soothe muscle aches
- Enable minor wounds, cuts and scrapes to heal faster
- Refresh and tone your skin
- Clear up acne, rashes and age spots
- Help heal yeast infections
- And much more

Besides killing E. coli and the swine flu virus, hydrogen peroxide also destroys botulism, salmonella and other harmful organisms. It

works by making viruses and bacteria self-destruct on the cellular level. Amazingly, for something so powerful, hydrogen peroxide is safe. That's because after it makes germs self-destruct, hydrogen peroxide breaks down into harmless water. The Magic of Hydrogen Peroxide book is a valuable health improvement treasure that also shows you how to make tons of household cleaners that work better and more economically than expensive store-bought products. It's a safe powerful alternative to harsh chemical cleaners. Discover easy-to-make formulas that:

- Kill germs on kitchen counters and surfaces
- Sterilize dishes, cups and kitchen utensils
- Make a powerful scouring powder that works wonders on kitchen sinks, refrigerators and ovens
- Disinfect and deodorize coffee makers, tea pots, blenders and food processors
- Sanitize wood cutting boards and wooden spoons
- Clean out and disinfect clogged drains
- Make hardwood floors, tile floors, grout and linoleum gleam
- Get rid of harmful bacteria on

fruits, vegetables and meats with this safe and effective food rinse

- Eliminate nastiness from toilet bowls, bath tubs, showers and shower curtains
- Sterilize and purify toothbrushes and dentures
- Clean and disinfect pet stains
- Remove mold and mildew from basement walls, roofs and other surfaces
- Disinfect diapers, pacifiers and baby toys
- Remove wine, ink and blood stains from clothing, carpets and furniture
- Boost laundry detergent power and restore brightness and color to fabrics
- Streak-free-clean your windows and mirrors
- Clean and deodorize your car
- Eliminate skunk stench on pets and foul odors from litter boxes, old tennis shoes, etc.
- Rid pets of parasites and bacteria
- Make indoor and outdoor plants flourish with a surefire fertilizer and insecticide all rolled-into-one

Emily's Book of Health Without Drugs Emily Thacker 2012-04-04 Emily's Book of Health Without Drugs In your letters I see a continuing concern for maintaining good health without a

lot of prescription drugs and doctor visits. And, I have been asked, over and over, what natural remedies are available for relieving pain. This book offers me the opportunity to share some ways to better health that you may not be familiar with. I hope to encourage each of you to be more aware of your body and how it works. Many of us grew up hearing words like these every day: "Clean up your plate or no dessert." "You can have a cookie if you're good." We now know that when food is used as a reward, it can lead to poor eating habits. How many times do we use food to soothe frazzled nerves, calm fears, or relieve tension? Too much of this and we are overweight! This volume is not a diet book, but it IS a book about diet, because good eating habits are of value for much more than weight control. We have tens of thousands of cells in our bodies, all dependent on what we put into our mouths. Good health requires us to eat a balanced diet, drink plenty of water, and reduce the amount of caffeine, fat, nicotine, and

overly processed foods we eat. It is also important, now and then, to slow down a bit and relax. We all need to take time to enjoy a bit of laughter and appreciate those around us who make life worth living. This brings needed balance to our lives.

Herbal Medicine Iris F. F. Benzie 2011-03-28
The global popularity of herbal supplements and the promise they hold in treating various disease states has caused an unprecedented interest in understanding the molecular basis of the biological activity of traditional remedies. *Herbal Medicine: Biomolecular and Clinical Aspects* focuses on presenting current scientific evidence of biomolecular ef

Folk Medicine in Southern Appalachia Anthony Cavender 2014-07-25 In the first comprehensive exploration of the history and practice of folk medicine in the Appalachian region, Anthony Cavender melds folklore, medical anthropology, and Appalachian history and draws extensively on oral histories and archival sources from the

nineteenth century to the present. He provides a complete tour of ailments and folk treatments organized by body systems, as well as information on medicinal plants, patent medicines, and magico-religious beliefs and practices. He investigates folk healers and their methods, profiling three living practitioners: an herbalist, a faith healer, and a Native American healer. The book also includes an appendix of botanicals and a glossary of folk medical terms. Demonstrating the ongoing interplay between mainstream scientific medicine and folk medicine, Cavender challenges the conventional view of southern Appalachia as an exceptional region isolated from outside contact. His thorough and accessible study reveals how Appalachian folk medicine encompasses such diverse and important influences as European and Native American culture and America's changing medical and health-care environment. In doing so, he offers a compelling representation of the cultural history of the

region as seen through its health practices. *Working Cures* Sharla M. Fett 2002 *Working Cures* explores black health under slavery showing how herbalism, conjuring, midwifery and other African American healing practices became arts of resistance in the antebellum South and invoked conflicts.

African American Slave Medicine Herbert C. Covey 2008-09-09 African-American Slave Medicine offers a critical examination of how African-American slaves medical needs were addressed during the years before and surrounding the Civil War. Drawing upon ex-slave interviews conducted during the 1930s and 1940s by the Works Project Administration (WPA), Dr. Herbert C. Covey inventories many of the herbal, plant, and non-plant remedies used by African-American folk practitioners during slavery. He demonstrates how active the slaves were in their own medical care and the important role faith played in the healing process. This book links each referenced plant or

herb to modern scientific evidence to determine its actual worth and effects on the patients. Through his study, Dr. Covey unravels many of the complex social relationships found between the African-American slaves, Whites, folk practitioners, and patients. African-American Slave Medicine is a compelling and captivating read that will appeal to scholars of African-American history and those interested in folk medicine.

The Vinegar Book Emily Thacker 2010-01-28
Emily Thacker's collection of old-time remedies has hundreds of ways to use vinegar for health & healing, cooking & preserving, cleaning & polishing. See how vinegar's unique mix of more than 30 nutrients, nearly a dozen minerals, plus amino acids, enzymes, and pectin for a healthy heart has been used for thousands of years. Apple Cider Vinegar's magical mix of tart good taste and germ killing acid. Vinegar has more than 30 important nutrients, a dozen minerals, plus vitamins, amino acids, enzymes — even

pectin for a healthy heart. And, there are hundreds of cooking hints.

The Vinegar Anniversary Book Emily Thacker 2015-04-10
Brand new information on Mother Nature's Secret Weapon - apple cider vinegar! Completely updated with the latest research and brand new remedies and uses for apple cider vinegar. Handsome coffee table collector's edition.

African American Old Home Remedies: The Legacy And Home Remedies Of My Family's Ancient Healers Rev. Dr. Geraldine Carter 2023-11-17
"Nature itself is the best physician. The art of healing comes from nature, not from the physician. Therefore the physician must start from nature, with an open mind." -Paracelsus
This book is written for those who are interested in rediscovering and learning about some of the "Old Home Remedies" used by our grandparents and others who have gone before us. In the days of old, many had no other options when illness occurred, but to use herbs and natural remedies

for themselves and those who came to them for the “cure”. Herbs and other remedies were used also, to prevent illness and disease. Many of the remedies I learned that you will read about come from farmers, producers, collectors, herbalists, healers and village women who all have some ideas about plants and foods that can be used as medicine. The book will be a wonderful reference and resource for those interested in natural healing techniques. I am happy to share what I have learned both in Missouri and from afar with those who are interested in African influenced Home Remedies. Here’s Some Of What You’ll Learn: -The History Of My Healing Ancestors -Food Used As Medicine -Preparation And Usage Of Herbs -Preparing An Herbal Tea - Preparing A Tincture -Preparing Herbal Capsules -Preparing Herbal Poultices -Preparing A Decoction -Preparing An Ointment -Preparing A Compress -Preparing Herbal Powders - Essential Oils That Encourage Relaxation & Reduce Stress And Over 40 Home Remedies

VFW Auxiliary 1993

African-American Slave Medicine

Backyard Medicine Updated & Expanded

Second Edition Julie Bruton-Seal 2019-05-07 An Updated and Expanded New Edition of Backyard Medicine! Modern medicine is truly a blessing. Advances are made with astonishing speed every day, using both science and technology to make our lives longer and healthier. But if the era of modern medicine began less than two hundred years ago, how did people treat sickness and poor health before then? This book holds the answer. Researched and written by a practicing medical herbalist and natural healer, and now with even more herbs and medicinal plants, Backyard Medicine is the basis for a veritable natural pharmacy that anyone can create. Featuring more than 120 easily made herbal home remedies and fully illustrated with nearly three hundred color photographs, this book offers fascinating insights into the literary, historic, and global applications of fifty common

wild plants and herbs that can be used in medicines, including: Comfrey Dandelion Honeysuckle Yarrow And so much more! Anyone who wants to improve his or her health in a completely natural way will find this book to be an absolute must-have for his or her home—and garden.

Doctoring the South Steven M. Stowe
2011-01-20 Offering a new perspective on medical progress in the nineteenth century, Steven M. Stowe provides an in-depth study of the midcentury culture of everyday medicine in the South. Reading deeply in the personal letters, daybooks, diaries, bedside notes, and published writings of doctors, Stowe illuminates an entire world of sickness and remedy, suffering and hope, and the deep ties between medicine and regional culture. In a distinct American region where climate, race and slavery, and assumptions about "southernness" profoundly shaped illness and healing in the lives of ordinary people, Stowe argues that

southern doctors inhabited a world of skills, medicines, and ideas about sickness that allowed them to play moral, as well as practical, roles in their communities. Looking closely at medical education, bedside encounters, and medicine's larger social aims, he describes a "country orthodoxy" of local, social medical practice that highly valued the "art" of medicine. While not modern in the sense of laboratory science a century later, this country orthodoxy was in its own way modern, Stowe argues, providing a style of caregiving deeply rooted in individual experience, moral values, and a consciousness of place and time.

The Vinegar Book Emily Thacker 1994 A history of vinegar and its medicinal and cleaning uses.
Natural Cures & Remedies CICO Books
2021-03-09 Heal and prevent common ailments and maintain a healthy, clean home using herbs, spices and other natural ingredients. Did you know that in your own store cupboard you already own the ingredients to heal and prevent

common ailments? And that many of these herbs, spices and other foods are equally useful for household cleaning? In this beautifully illustrated guide, discover centuries-old recipes and methods to treat a whole range of conditions, from soothing teas to settle upset stomachs to simple homemade salves for burns and itchy skin. There are also natural ways to enhance your health both physically and mentally, with tips to boost immunity, aromatherapy to ease stress and promote relaxation and easy beauty recipes to care for your skin. Learn, too, how to keep your home free from germs and dirt using all-natural, eco-friendly methods, including homemade floor cleaners, stain removers and laundry detergent.

Weekly World News 1997-01-28 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.

Science and Medicine in the Old South

Ronald Numbers 1999-03-01 With a few notable exceptions, historians have tended to ignore the role that science and medicine played in the antebellum South. The fourteen essays in *Science and Medicine in the Old South* help to redress that neglect by considering scientific and medical developments in the early nineteenth-century South and by showing the ways in which the South's scientific and medical activities differed from those of other regions. The book is divided into two sections. The essays in the first section examine the broad background of science in the South between 1830 and 1860; the second section addresses medicine specifically. The essays frequently counterpoint each other. In the first section, Ronald Numbers and Janet Numbers argue that the South's failure to "keep pace" with the North in scientific areas resulted from demographic factors. William Scarborough asserts that

slavery produced a social structure that encouraged agricultural and political careers rather than scientific and industrial ones. Charles Dew offers a strong indictment of slavery, suggesting that the conservative influence of the institution severely discouraged the adoption of modern technologies. Other essays examine institutions of higher learning in the South, southern scientific societies, and the relationship between science and theology. The section on medicine in the Old South also examines the ways in which the medical needs and practices of the Old South were both similar to and distinct from those of other regions. K. David Patterson argues that slavery in effect imported African diseases into the Southeast and created a “modified West African disease environment.” James H. Cassidy points out that land-management policies determined by slavery—land clearing, soil exhaustion—also helped create a distinctive disease environment. Other contributors discuss

southern public health problems, domestic medicine, slave folk beliefs, and the special medical needs of blacks. *Science and Medicine in the Old South* is a long-overdue examination of these segments of the southern cultural milieu. These essays will do much to clarify misconceptions about the time and the region; moreover, they suggest directions for future research.

Grandpa's Tales Jannie D. Greene 2000 "This book focuses on those superstitions relating to death, bad luck, revenge, nature's phenomenon, dreams, pregnancy, hags, and love and marriage as well as more general superstitions and home remedies for illness"--Introd.

A Guide to the Wildflowers of South

Carolina Patrick D. McMillan 2022-08-15 A comprehensive and indispensable reference for identifying and appreciating native flora From its summits to its shores, South Carolina brims with life and unparalleled beauty thanks to its abundant array of native and naturalized flora,

all carefully documented in this revised and expanded edition of *A Guide to the Wildflowers of South Carolina*. Dramatic advances in plant taxonomy and ecology have occurred since the guide's publication 20 years ago; new species have been discovered while others struggle to survive in the face of vanishing habitats and climate change. The authors, all experienced botanists, offer essays on carnivorous plants, native orchids, Carolina bays, the roles and effects of fire and agriculture on the landscape, and detailed descriptions of the plant communities throughout the state's major natural regions. This expanded edition catalogs nearly 1,000 species organized by habitat, with descriptions, color photographs, range maps, and comments on pharmacological uses, suitability for garden cultivation, origin of common and scientific names, and conservation status.

Old-Time Home Remedies Ken Tate 1998 From asafetida bags which warded off social contact

as much as disease, to teas, tinctures and potions, we had them all back in the Good Old Days, along with those mysterious healers who could stop bleeding and make warts disappear. You'll be amazed at the home remedies brought to mind by these recollections of a time when the medicine show still made stops in small towns and the country doctor was paid in chickens and geese.

Tokens of Affection Maria Bryan Harford Connell 1996 A refined and remarkably well-educated woman, Maria Bryan began corresponding with her sister when she was sixteen years old. As Carol Bleser points out in her introduction, Bryan travels, reads the popular books of the day, entertains visitors, and makes social calls. At the same time, however, notes Bleser, Bryan's letters belie popular notions about the privileged lives of "typical" planters' daughters in the antebellum South, for she also works at housekeeping, tends the sick at home and in the neighborhood, makes clothes

for the family's slaves, and tutors younger siblings.

Wild Remedies Rosalee de la Forêt 2020-04-07 That's not a weed--it's herbal medicine! Learn to use wild plants and herbs for food and DIY remedies in this illustrated guide from two expert herbalists. Millions of people are interested in natural and holistic health, yet many are missing out on the key ingredient: Nature itself! Rekindle your connection with the earth as you craft your own herbal medicine with 75 delicious recipes and powerful healing remedies. Herbalists Rosalee de la Forêt and Emily Han expertly guide you through the benefits of two dozen of the most important and commonly found wild plants-many of which you can easily grow in your own garden, if foraging isn't right for you. Detailed illustrations and beautiful photography ensure that you won't make a plant-identification misstep as you learn how to tend and properly harvest the plant medicine growing right in your own

neighborhood. After reading *Wild Remedies*, you'll never look at your backyard, a public park, or any green space in the same way again. Instead of "weeds," you'll see delicious foods like Dandelion Maple Syrup Cake, Nettle Frittata, and Chickweed Pesto. You will revel in nature's pharmacy as you make herbal oils, salves, teas, and many more powerful remedies in your own kitchen.

Prescription for Herbal Healing, 2nd Edition Phyllis A. Balch CNC 2012-04-03 The definitive source for choosing the optimal herbal therapy- thoroughly revised and updated. Millions of Americans are turning to herbal therapies to heal what ails them-either as an alternative or as a supplement to traditional medicine. From the most trusted name in natural healing, Phyllis A. Balch's new edition of *Prescription for Herbal Healing* provides the most current research and comprehensive facts in an easy-to-read A- to-Z format, including: Information on more than 200 herbs and herbal

combination formulas, ranging from well-known herbs, such as ginseng and St. John's Wort, to less familiar remedies, such as khella and prickly ash Chinese and ayurvedic herbal combinations. Discussion of more than 150 common disorders from acne to yeast infection, and suggested herbal treatment therapies.

Kitchen Medicine Julie Bruton-Seal 2011-11-29

In *Kitchen Medicine* the authors describe the wealth of healing and emergency remedies that sit unused and idle in the kitchen. Superb illustrations adorn a lively text. The ingredients are all easily found in the kitchen although in some cases they are exotic in origin (just think of tea, coffee and chocolate).

Southern Folk Medicine Phyllis D. Light 2018-01-16 For the first time ever, an active practitioner describes the history, folklore, and remedies of Southern and Appalachian Folk Medicine in this groundbreaking guide for curious herbalists. This book is the first to describe the history, folklore, assessment

methods, and remedies of Southern and Appalachian Folk Medicine—the only system of folk medicine, other than Native American, that developed in the United States. One of the system's last active practitioners, Phyllis D. Light has studied and worked with herbs, foods, and other healing techniques for more than thirty years. In everyday language, she explains how Southern and Appalachian Folk Medicine was passed down orally through the generations by herbalists and healers who cared for people in their communities with the natural tools on hand. Drawing from Greek, Native American, African, and British sources, this uniquely American folk medicine combines what is useful and practical from many traditions to create an energetic system that is coherent and valuable today.

Southern Home Remedies Bernice Kelly Harris 1968

A Handbook of Native American Herbs Alma R. Hutchens 1992-11-10 The author of 'the bible

on herbalism' returns with a portable guide on North American medicinal herbs—for the professional and amateur herbalist alike Based on the now-classic reference text *Indian Herbalogy of North America*, this illustrated pocket guide is the perfect companion for those eager to expand their knowledge of herbal healing. Through detailed descriptions and illustrations, Alma R. Hutchens walks readers through:

- 125 of the most useful medicinal herbs found in North America, and their uses
- How to create herbal remedies for common ailments
- The herbal traditions of North America and other lands

Entries include staples of folk medicine such as echinacea and slippery elm as well as common kitchen herbs—from parsley to thyme to pepper—whose tonic and healing properties are less widely known.

Infusions of Healing Joie Davidow 1999-10-05
This treasury of Mexican-American herbal medicine presents hundreds of safe, effective herbal treatments for everyday ailments--teas,

liniments, compresses, salves, and soothing baths for headaches, colds, fevers, digestive problems, menstrual cramps, and aches and pains. In addition, more than 200 herbs are cataloged and cross-referenced. 10 line drawings.

Home Remedies from the Old South Emily Thacker 2012-02-23
Researchers report Honey and Vinegar are two of the most wonderful, healthful universally accepted remedies known to mankind. Now over 40 ways to use Honey and Vinegar for healing, health, beauty and weight loss are yours to acquaint you with a book of rediscovered natural home remedies of the Old South. Southern mothers and nannies used natural ingredients like egg, herbs, milk, honey and other kitchen staples for everything from backache to arthritis, insomnia, headaches, etc. An now, after years of research, OVER 700 HOME REMEDIES trusted by generations of Southerners are yours to enjoy in Home Remedies from the Old South. You'll learn how

Grandma used: • Ammonia for headaches • Tasty berries for asthma • Onion & vinegar for corns • Sauerkraut to stop overeating • Vinegar & egg mixture for body aches • Dandelion tea for urinary infection • Natural mixtures for arthritis • And that's just for starters You'll find remedies Southerners used for nose bleeds, colds, sinus, sexual dysfunction, gout, hangovers and other ailments. Plus over 150 beauty remedies on caring for skin, hair, eyes, feet, as well as: • Relaxing baths & body rubs • Body packs and facial masks using staples in your fridge • Orange juice for eye wrinkles • Lemons, cream, tomatoes, flowers, eggs are a few of the concoctions for beauty used by Southern Belles.

The Lost Book of Herbal Remedies Nicole Apelian 2019-07-07 304 color pages, paperback, improved print quality, and a lot more plant identification details This unique book is written by Dr. Nicole Apelian, an herbalist with over 20 years of experience working with plants, and Claude Davis, a wild west expert passionate

about the lost remedies and wild edibles that kept previous generations alive. The Lost Book of Herbal Remedies has color pictures of over 181 healing plants, lichens, and mushrooms of North America (2-4 pictures/plant for easy identification). Inside, you'll also discover 550 powerful natural remedies made from them for every one of your daily needs. Many of these remedies had been used by our forefathers for hundreds of years, while others come from Dr. Nicole's extensive natural practice. This book was made for people with no prior plant knowledge who are looking for alternative ways to help themselves or their families. This lost knowledge goes against the grain of mainstream medicine and avoids just dealing with symptoms. Instead, it targets the underlying root cause and strengthens your body's natural ability to repair itself. With the medicinal herbal reference guide included, it's very easy to look up your own condition and see exactly which herbs and remedies can help. Let me just offer you a small

glimpse of what you'll find inside: On page 145 learn how to make a powerful "relieving" extract using a common backyard weed. This plant acts directly on the central nervous system to help with all kinds of pain and discomfort. You'll also discover the most effective natural antibiotic that still grows in most American backyards (page 150). Turn to page 43 for the natural protocol Dr. Nicole is recommending for a wide range of auto-immune conditions, after falling prey to MS herself at age 29. I could go on and on because this book contains no less than 800+ other medicinal plants and natural remedies.

A Guide for Using The Adventures of Tom Sawyer in the Classroom Katie Eyles 2002 A quality collection of treasured classics, fully illustrated and carefully adapted for children.

Southern Folk Medicine, 1750-1820 Kay K. Moss 2010 The author "inventories the medical ingredients and practices adopted by physicians, herb women, yeoman farmers, plantation mistresses, merchants, tradesmen, preachers,

and quacks alike ... [and] shows how families passed down cures as heirlooms, how remedies crossed cultural and ethnic boundaries, and how domestic healers compounded native herbs and plants with exotic ingredients."--Jacket. [The Homemade Medicine Book](#) Charles Silverman 2013-06 For the first time a Naturopathic Doctor opens his vault to unveil the complete list of home remedies used by professionals Holistic Practitioners... All Natural Cures and Home Remedies That Will Give You RELIEF From Your Symptoms NOW Proven In Clinical Trials! "Don't go anywhere, because this could be the most important information about your health you'll ever read!" After researching 1,000's of natural cures and home remedies, spending months sifting through hundreds of reports and studies, and putting my findings to the test on real people in my natural healing clinic... I can say that the majority of natural "cures" are completely bogus. But the ones that are effective seem to work like magic! And many

of them can give you almost instant relief from your symptoms. Now, you can get access to my vault of natural cures and home remedies that you can find in your own kitchen cupboard - backed by thousands of hours of scientific research... Example 1: Did you know that if every woman in the United States would get just one nutrient every day breast cancer rates would drop 50 Percent? Example 2: Did you know that you can make a natural laxative that works many times better for constipation than any over the counter laxatives? Just eat four prunes twice a day and you will have the most effective and gentlest home remedy for constipation. Example 3: Did you know that 6 cherries have the same effect as 1 aspirin? Plus cherries are filled with antioxidants! From: Charles Silverman N.D. Certified Naturopathic and Home Remedies Expert Dear Friend, We live in the internet age, where it's easy for just about anyone to give you their two cents on how to live a healthier life. I've seen the power of all natural

home remedies and treatments at work for the past 18 years in my own natural healing clinic. I believe everyone deserves the ability to heal themselves in a safe, cost efficient way - something that is becoming increasingly hard to do with modern medicine's drug saturated philosophy. I put together this site so you can make informed decisions on the best way to treat your illness using safe and effective natural home remedies. Why trust me? Not only are all my remedies guaranteed, but I've got experience and training you can feel confident in... Keeping You On The Cutting Edge Of Natural Medicine home remedies I keep you on the cutting edge of natural medicine by attending international conventions and training events. home remedies Only share proven home remedies by constantly researching the latest medical breakthroughs and discoveries of new natural cures and putting them to real life practice in my clinic. home remedies Graduated from The International Center for Professional and Technical Studies in

Israel with a degree in holistic medicine. home remedies Served on First South American congress of holistic medicine and alternative therapies for low income people. Hosted by Saint Johns Catholic Church. Listen... Picture the next time you come down with diarrhea, the flu, a migraine headache, or one of dozens of other aches and discomforts we face on a regular basis as human beings... ..but instead of "toughing it out" or reluctantly going to your local doctor so he can take a quick glance at you and hand you an expensive prescription, you've got a much easier, much more effective, much safer solution right in your own kitchen cupboard! You simply grab a few common ingredients, mix them together, and voila! Not only do you have a safe and effective home remedy for your illness or problem, you just saved yourself from hours of frustration sitting in a doctors office and potentially \$100's of dollars. Beat Diabetes... Drop High Blood Pressure... Prevent Cancer... And Soothe Aching Joints Without Expensive

And Dangerous Drugs using one of the home remedies here.

Home Remedies from the Old South Emily Thacker 2012-02-23 Researchers report Honey and Vinegar are two of the most wonderful, healthful universally accepted remedies known to mankind. Now over 40 ways to use Honey and Vinegar for healing, health, beauty and weight loss are yours to acquaint you with a book of rediscovered natural home remedies of the Old South. Southern mothers and nannies used natural ingredients like egg, herbs, milk, honey and other kitchen staples for everything from backache to arthritis, insomnia, headaches, etc. An now, after years of research, OVER 700 HOME REMEDIES trusted by generations of Southerners are yours to enjoy in Home Remedies from the Old South. You'll learn how Grandma used: • Ammonia for headaches • Tasty berries for asthma • Onion & vinegar for corns • Sauerkraut to stop overeating • Vinegar & egg mixture for body aches • Dandelion tea

for urinary infection • Natural mixtures for arthritis • And that's just for starters You'll find remedies Southerners used for nose bleeds, colds, sinus, sexual dysfunction, gout, hangovers and other ailments. Plus over 150 beauty remedies on caring for skin, hair, eyes, feet, as well as: • Relaxing baths & body rubs • Body packs and facial masks using staples in your fridge • Orange juice for eye wrinkles • Lemons, cream, tomatoes, flowers, eggs are a few of the concoctions for beauty used by Southern Belles. *African American Old Home Remedies* Rev Dr Geraldine L Johnson-Carter 2019-07-04 This book is written for those who are interested in rediscovering and learning about some of the "Old Home Remedies" used by our grandparents and others who have gone before us: In the days of old, many had no other options when illness occurred, but to use herbs and natural remedies for themselves and those who came to them for the "cure". Herbs and other remedies were used also, to prevent illness and disease. The

descriptive information is written mostly from my memory of my Grandmother, but even more so, from the memory of my Great-Grandmother, both of whom I have come to realize, played a very important role in who I am, and even more so, in whom I am becoming today.

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