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Home Remedies for Common Ailments

By Arundhati Govind Hoskeri

Indus Source Books, Mumbai. Soft cover. Book Condition: New. 22 cms. xvipp. ome Remedies is an informative Book that provides an exhaustive list of common ailments and natural cures for treating them. The remedies suggested are easy to follow and the ingredients used would be available in most kitchens Fruits, Vegetables, turmeric, tulsi ,honey, ginger, onions, yog-hurt are some of the ingredients that form part of the staple food. This book tells you how these and other natural foods, can help you find relief from several medical complaints. In India, these recipes have traditionally been used in natural health-care practices and continue to be used effectively even today.



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