



Home Remedies for Common Ailments

By Arundhati Govind Hoskeri

Indus Source Books, Mumbai. Soft cover. Book Condition: New. 22 cms. xvipp. Home 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, yogurt 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.

DOWNLOAD



READ ONLINE

[4.77 MB]

Reviews

Very helpful to all category of folks. It is actually really exciting through studying time. I am easily will get a delight of looking at a created ebook.

-- Prof. Isaiah Harber

It is one of the most popular ebook. Indeed, it can be playful, still an interesting and amazing literature. I am quickly will get a satisfaction of reading a created pdf.

-- Lennie Renner