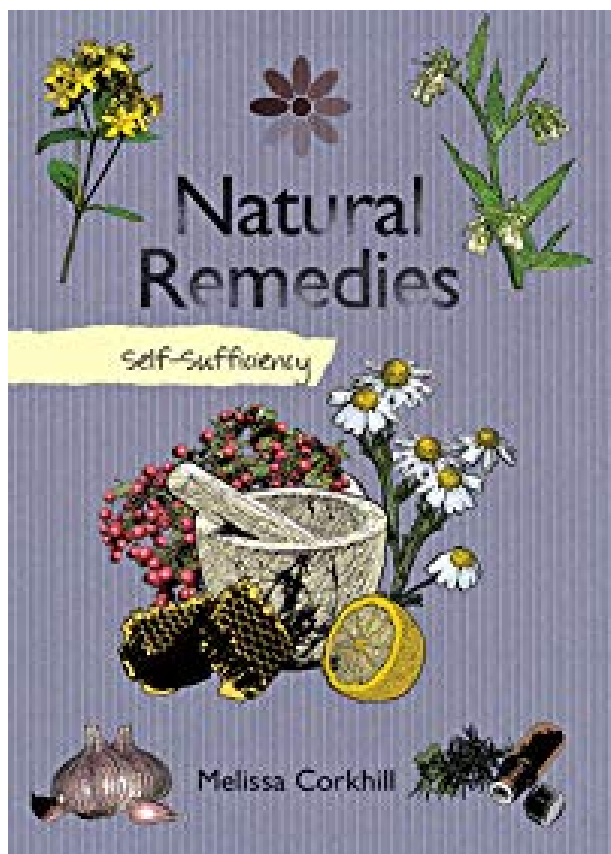


Natural Remedies: Self-Sufficiency



Pages:	128
Language	English
Author:	Melissa Corkhill
ISBN10:	1616083484
Genre:	Nonfiction
ISBN13:	9781616083489
Goodreads Rating:	3.48
Published:	September 14th 2011 by Skyhorse Publishing

[Natural Remedies: Self-Sufficiency.pdf](#)

[Natural Remedies: Self-Sufficiency.epub](#)

Here Melissa Corkhill gives advice for treating common conditions and illnesses at home using remedies provided by mother nature.

In this book you'll discover how to treat complaints such as coughs, colds, and sore throats, as well as suggestions for easing the strain of more permanent conditions like eczema, arthritis, and asthma. Packed with easy-to-follow recipes using herbs, essential oils, and ingredients found in your kitchen, you'll be making your own natural remedies in no time.