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NATURAL ANTIBIOTICS: An Easy Guide to Herbal Medicine.(Natural,Herbal Remedies, How to Cure and Prevent Illnesses)

Grace Tracy

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Natural Antibiotics

An Easy Guide to Herbal Medicine.(Natural,Herbal Remedies, How to Cure and Prevent Illnesses)

“Let food be thy medicine. Let medicine be thy food.” Do these words by Hippocrates, the most famous doctor, sum up your approach towards your health and well-being? If yes, then this book will get you started in that direction. There is already a lot of information out there on alternative medicines and naturopathy. Where our book differs is that it provides a background on natural remedies, the science behind it and suggests natural remedies and medicines for some common diseases and conditions.
Everything is presented in simple, straightforward language to help you understand. The remedies and ingredients are not exotic but commonly found in our kitchen. They do not require elaborate preparations and can be incorporated into our daily routine easily. You may find that you were aware of some of the cures and remedies but some may surprise you. Oh, and did I mention there is a remedy for hangovers and suppressing cigarette cravings? Or that the humble apple cider vinegar can be used for more than salad dressing?

Here is a preview of what you'll learn:

- Natural antibiotics Background/li>
- Why are natural antibiotics and remedies gaining popularity
- Natural remedies for common ailments
- Some interesting facts and application of herbal remedies

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