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Natural Remedies: Self-Sufficiency (The Self-Sufficiency Series)

Melissa Corkhill

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Natural Remedies: Self-Sufficiency (The Self-Sufficiency Series)

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Natural Remedies: Self-Sufficiency (The Self-Sufficiency Series) Melissa Corkhill
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.

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