



The Country Almanac of Home Remedies: Time-Tested & Almost Forgotten Wisdom for Treating Hundreds of Common Ailments, Aches & Pains

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Chrystle Fiedler, Brigitte Mars

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The Country Almanac of Home Remedies presents hundreds of natural and time-tested methods for treating hundreds of common ailments including burns, insect bites, skin rashes, PMS, and upset stomach. The book includes thrifty and easy remedies that can be made from items commonly found in the pantry, refrigerator, and garden. Readers get DIY solutions they can use for quick relief of common ailments through natural alternatives--without a trip to the pharmacy. For example, using a paste of crushed up aspirin and water to calm the inflammation of sunburn. Each remedy references the latest studies and medical advice to tell readers why it works—i.e. valerian root is a mild version of the prescription drug valium thus making a cup of valerian tea the perfect remedy for stress, PMS, and other nervous conditions.

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