



# Vinegar Socks: Traditional home remedies for modern living

*Karin Berndl, Nici Hofer*

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**Vinegar Socks: Traditional home remedies for modern living** Karin Berndl, Nici Hofer

Karin Berndl and Nici Hofer are firm believers in the power of natural remedies. In *Vinegar Socks*, they share 40 traditional home remedies that have been handed down through the generations and are tried and tested in curing common ailments and illnesses, all of which can be made easily at home using store-cupboard ingredients.

Discover the amazing healing properties of nature's abundance and find drug-free relief with these invaluable at-home solutions. Concoctions include vinegar socks for a fever (wearing soaked vinegar socks stimulates the blood flow and lowers the temperature as well as mobilizing the immune system), tummy tea to cure flatulence, horseradish necklace to treat a fever, and sap ointment for wounds. With cute styling and a strong design element, *Vinegar Socks* is the only book you'll need this fall to ensure you stay in perfect health.

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