



HOME REMEDIES Natural Healing for the Whole Family: An easy step by step guide for healing more than 50 common ailments with Natural Antibiotics

Catherine Davis

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This book gives you 240 natural herbal solutions for more than 50 common ailments.

Written in a simple step by step method, this book helps you to address your health problems easily.

Here is what you will get from this book

Part 1- Contains 103 natural remedies for 20 Common ailments.

Part 2- Talks about 40 remedies for 8 common ailments in children

Part 3- 18 remedies for 7 Life style related ailments

Part 4- 12 remedies for 3 common Pains

Part 5- 12 common remedies for 12 Skin problems

Part 6- More remedies for other diseases – 54 Solutions for 12 diseases

Part 7-Bonus chapters more common ailments

This book is a ready reference and must have in any family.

About the Author

Catherine Davis is a natural therapist, writer and blogger with a passion for natural health and nutrition, healthy living, the environment and natural medicines. Catherine spent many years in India learning and practising Ayurveda- an ancient medical science which was developed thousands of years ago. Catherine is a strong advocate for living as close to the way that nature intended as possible and believes that eating a diet consisting of natural, unprocessed foods is key to good health as is reducing exposures to synthetic chemicals.

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