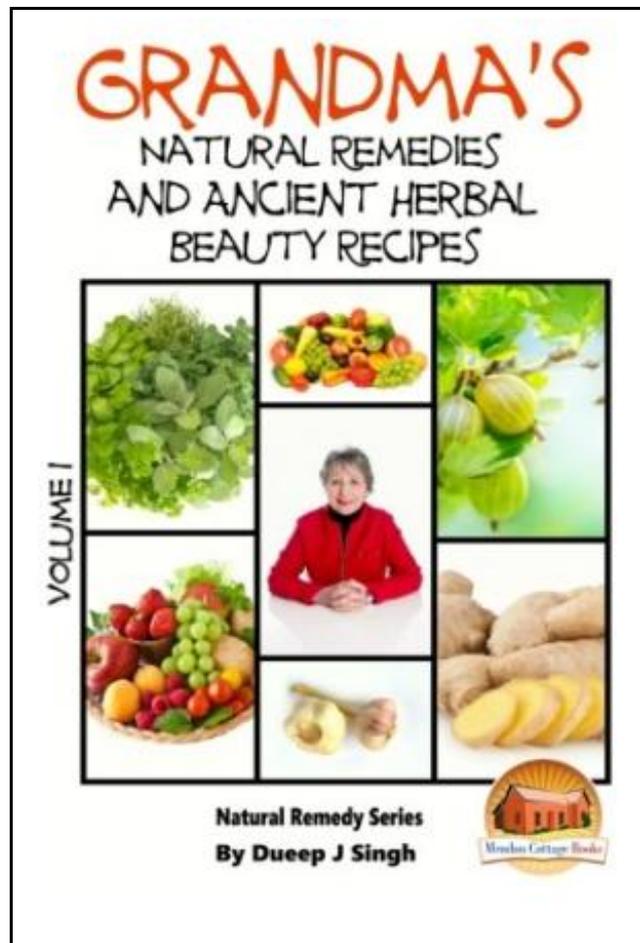


# Grandma s Natural Remedies and Ancient Herbal Beauty Recipes Volume 1



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## GRANDMA S NATURAL REMEDIES AND ANCIENT HERBAL BEAUTY RECIPES VOLUME 1



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. Grandma s Natural Remedies and Ancient Herbal Beauty Recipes Table of Contents Introduction Monday s Child Is Fair of Face The Healing Power of Infused Oil Remedies for winter- Chilblains Sciatica Stiff Joints. Quit your Bellyachin ! Simple Perfumed Ointments Natural Cures For Summer Ailments Appendix Introduction A couple of years ago, somebody asked me what made me so interested in herbal remedies and natural cures as well as natural beauty recipes? That is when I told him that the wisdom of the ancients had not been garnered together, and would be lost as the generations forgot about asking their old wise ancestors, the Lore which they knew. So I was seven years old, when I decided to myself that I needed to know everything about what my grandmother had learned from her grandmother. And I started writing those ancient natural remedies and beauty recipes down. More than three decades later, I started writing books on natural remedies and natural herbal recipes, which I collected, whenever I went around the countryside. People used to go around looking at the places to visit; I used to go around asking for the oldies of the village who would give me herbal remedies and recipes. In around 30 years, I collected thousands of these recipes, which were and are still being used by villagers and townsfolk and which have been given to them down the ages. And they work, because all the ingredients are natural. And also, the genetic makeup of hard-working people living in an unpolluted atmosphere helped in keeping them healthy. So they did not have to go running to a doctor whenever they caught a sniffle. They knew the easiest herbal tisane...



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