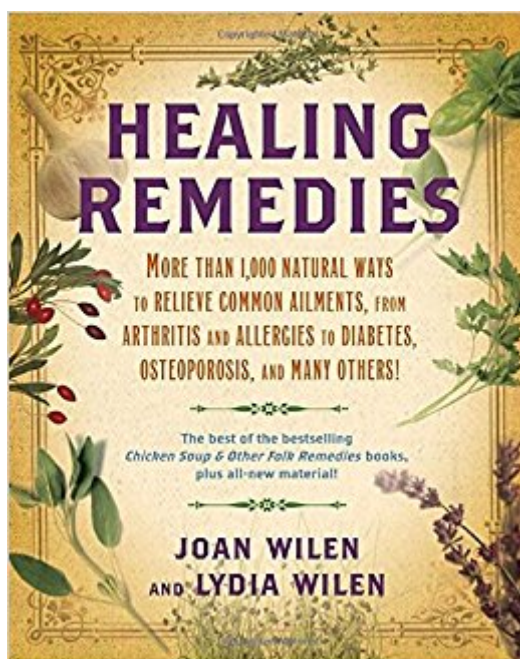


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# Healing Remedies: More Than 1,000 Natural Ways To Relieve Common Ailments, From Arthritis And Allergies To Diabetes, Osteoporosis, And Many Others!



## Synopsis

**A PRACTICAL, SAFE, TIME-TESTED, AND EFFECTIVE A-TO-Z GUIDE TO NATURAL HEALING REMEDIES** For years, sisters Joan Wilen and Lydia Wilen have been collecting and incredible home remedies. These range from old treatments that have been passed down for centuries (but forgotten by modern medicine) to methods recently uncovered by doctors and medical researchers. Healing Remedies combines the best entries from the Wilensâ™ Chicken Soup & Other Folk Remedies books, plus a significant amount of new material, including sections on diabetes, osteoporosis, ADD, anxiety, and childrenâ™s common ailmentsâ€”from colic and diaper rash to tantrums and teething. Also, check out these other remarkable remedies:â€¢ Eating two pectin-packed apples a day may help lower blood pressure.â€¢ For an energy boost, slap the inside of your elbows and the back of your knees.â€¢ Eating one-half avocado a day may lower cholesterol by up to 42 percent.â€¢ Vaporize a headache by bringing a cup of apple cider vinegar to a slow boil, then put a towel over your head, bend over the pot at a safe distance, and inhale/exhale through your nose for about 10 minutes.â€¢ To tone up your circulatory system and strengthen your heart, pretend to vigorously conduct an orchestra for 10 minutes a day.â€¢ To improve your memory, pop six raw almonds a day.â€¢ Add pizzazz to your sex life by consuming any fruit beginning with p: peaches, plums, pears, pineapple, papaya, and persimmon.â€¢ Practice â€œgirth controlâ€• by killing your cravings with pure grape juice. Though not meant as a substitute for doctorâ™s visits, this amazing guide also features special sections on menâ™s health challenges, especially prostate concerns, and womenâ™s symptom relief, from cramps and morning sickness to vaginitis and hot flashes. Remedies galoreâ€”and moreâ€”are at your fingertips!

## Book Information

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## Customer Reviews

Collecting the authors *Chicken Soup & Other Folk Remedies* and *More Chicken Soup & Other Folk Remedies*, this volume, something of a *Prairie Home Companion* style health manual, includes new and revised material addressing such topics as ADD and ADHD, childrens health, osteoporosis and diabetes. The sisters Wilen offer brief entries with homespun solutions, many herbal based, for an alphabetical listing of concerns from asthma, colds and fainting to headaches, smoking and weight control. In many cases, however, the Wilens give little explanation for a remedies effect (for example, taking oregano for depression has a way of lifting ones spirits and eating sauerkraut may prevent sciatica). Beyond specific cures, there are some all-around wonder workers: the good-bye dear morning kiss, bee pollen, the ancient grain salba and singing among them. Although well-meaning, this compendium of folk medicine has a few unsettling moments (for instance, the Wilens comment on depression that staying in a funk is a choice, and the injunction to order your body to heal itself). Such comments will leave even those committed to natural healing grateful for the science that has brought medicine into the 21st century. (Dec.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Lydia Wilen is a health investigator and author. With her sister, Joan, she conducts frequent lectures and workshops on natural cures and remedies. In addition to their numerous television and radio appearances, the sisters have had articles written by and about them for major magazines and newspapers including *Cosmopolitan*, *The New York Times*, and *Parade*. They had a weekly full-page feature in the *New York Daily News Sunday Magazine* for two years and three rotating features in *Newsday*. She lives in New York City. Joan Wilen is a health investigator and author, well known for her books, media tours, and frequent appearances on national and local television shows with her sister, Lydia Wilen. They have appeared on the *Today* show, *CBS This Morning*, and *Good Day New York*, and have been guests on hundreds of radio shows. Wilen lives in New York City.

fantastic book NICE pictures

Good source of information on using remedies around the house. Sometimes though, it doesn't say

how to administer the "cure." But, all in all, I have used some of the things that applied to my own situation, and found them very helpful.

I have this book in spanish I've tried some of these remedies when I my knees were hurting made something with ginger and my pain went away and I was able to move a lot better after drinking the drink for a couple of days. I loved it soo much I bought a couple copies in english and gave them to my friends for christmas.

As an Rn for many years, I wish I had seen and learned some of their folk remedies sooner in my life. I am trying currently some of the arthritis treatments for my hands, way safer than modern medicine.

I ordered this book for my son who was always using my copy and all of the remedies we have used have been very helpful to my and my family.

Very informative!

Informative.

Nicely written mass of information

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