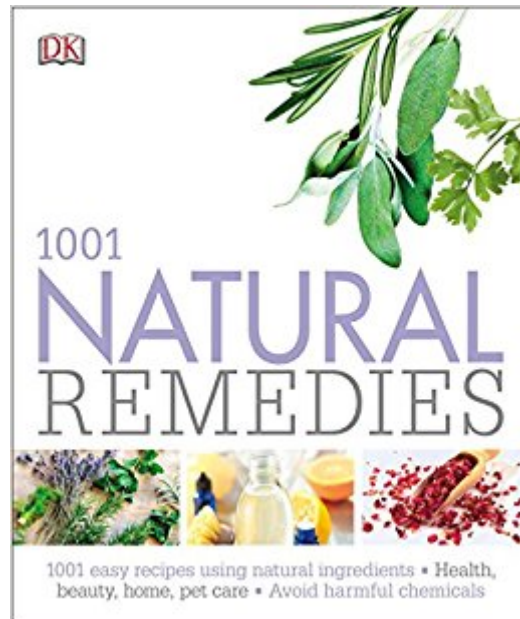




The book was found

1001 Natural Remedies



Synopsis

With natural remedy recipes for health, beauty, home and garden, and pets, 1001 Natural Remedies is the most comprehensive reference available on this topic. Take natural, simple ingredients such as essential oils, herbs, honey, lemon, and baking soda, and turn them into shampoos, mouthwashes, and household cleaners that are safe, effective, and kind to the environment. Organized into four easy-to-reference sections, this guide is packed with 1001 recipes to treat common ailments, have more radiant skin, restore scuffed furniture, get rid of garden pests, deal with a smelly dog, and so much more, so you never have to resort to commercial, chemical-laden products and again. Each easy-to-follow recipe is extremely accessible and features ingredients that are available at any grocery store. Whether you want to have a more natural everyday routine or aspire to fulfill your self-sufficiency dream, this revised and updated edition of 1001 Natural Remedies can help you achieve your goal.

Book Information

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Customer Reviews

Laura Vukovic has been an herbalist, teacher, and writer for more than two decades. She is a contributing editor for Natural Health Magazine and is the author of several books, including Journal of Desires and 14 Day Herbal Cleansing. Natural Health Magazine is the largest health and fitness magazine publisher in the world, with 34 international editions in 54 countries and a combined readership of over 10 million. --This text refers to an out of print or unavailable edition of this title.

I recently purchased this book described as used condition yet good. The book is as good as brand new. I have taken this book to work to show my friends as well as posting it as a must have on my social group. This has made me order a handful for friends and family. DK is my favorite publisher of well pretty much anything they make. In every book they put out, this one included the reading material so so easy to understand and they always do pictures with their stuff. This book numbers each remedy it has who cu makes it better to skim through or just read one by one. As it says on in the front you have recipes from health all the way to pets. Even better these are all natural! A few sections to mention is acne, skin and hair, per treats, sinusitis, bath salts, body scrubs, natural air freshener, laundry soap and depression. In the back of the book you will find a index that can help you find just what your looking for! Great book!!

This is a cool book to browse and get a few good ideas. 1001 is a stretch - a lot of the "remedies" are common sense stuff...I think "get enough sleep" is in every chapter and counts as a different remedy. However, I found the directions easy to follow and the ingredients more or less easy to come by. I will definitely use some of the concoctions in this book, and so far I've found that the information is accurate. I wish you could buy it through Prime in the U.S. I would imagine this makes a great gift along with some essential oils and dried herbs.

I love my book I use it on a daily basis for all my needs. I had this book 6 years ago I ordered 3 more off of for friends and family. It has everything in it that I don't have to look for in other books. Don't need a Dr. this book has it all for me and more on pets n housel love this book and its a must book for most families. Giving it for gifts this year and next year....

This is the 2nd time I've purchased this book (one as a gift). Some of the recipes are common sense but still worth the purchase. I love DIY and I use this book in addition to recipes I find online (YouTube and Pinterest, mostly). Some of the recipes I use as a base or starter and tweak to what I want. For the most part, I use the recipe as is since they're pretty common. It's just really nice to have everything in one place, without having to dig around.

Book in excellent condition except for pages 20 and 21, which were stuck together with a sticky substance. I managed to pull the pages apart without tearing them. But there is an oval kind of shape of sticky stuff on page 21 that I have been able to remove. There are four smaller spots of a sticky substance on page 20 that I have been unable to remove. So the pages keep sticking

together. As the rest of the book is in such excellent condition, this is very disappointing.

Great book for some general information about herbal remedies. Also has great recipes for pretty simple natural alternatives.

LOVE LOVE LOVE this book!!!! We go to it for so many things!!!! I've made a lot of the house cleaners and the furniture cleaner and they work wonderfully. I love that we have a all natural way to take care of ourselves and our home.

I had a couple of copied pages from this book but decided I needed this book in its entirety. 1001 Natural Remedies covers it all, personal hygiene, home, etc. If you want to be chemical/toxin free, I recommend this book.

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