

# **Common Sense Home Remedies Book 2 Tummy Troubles**

The book was born out of the need for common sense to return to the

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practice of medicine as well as the need to educate and empower parents to care for their children and to understand the body and its response to illness. It is to help in minor illnesses and to give a healthier and nontraditional approach to those who

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seek more than the current Western approach to health care.

Fans of *Girl, Interrupted*, *Thirteen Reasons Why*, and *All the Bright Places* will love this New York Times bestseller. "A haunting, beautiful, and necessary book that will stay with you

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long after you've read the last page."—Nicola Yoon, #1 New York Times bestselling author of *Everything, Everything* and *The Sun Is Also a Star* Charlotte Davis is in pieces. At seventeen she 's already lost more than most people do in a

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lifetime. But she ' s learned how to forget. The broken glass washes away the sorrow until there is nothing but calm. You don ' t have to think about your father and the river. Your best friend, who is gone forever. Or your mother, who has nothing left to give

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you. Every new scar hardens Charlie ' s heart just a little more, yet it still hurts so much. It hurts enough to not care anymore, which is sometimes what has to happen before you can find your way back from the edge. A deeply moving portrait of a

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girl in a world that owes her nothing, and has taken so much, and the journey she undergoes to put herself back together. Kathleen Glasgow's debut is heartbreakingly real and unflinchingly honest. It ' s a story you won ' t be able to look away from.

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And don ' t miss Kathleen Glasgow's novels You ' d Be Home Now and How to Make Friends with the Dark, both raw and powerful stories of life. Discover a simpler, more natural way of life. Pour your self a cup of Chammmomile tea, find a quiet corner,

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and browse through the wealth of natural remedies, house-hold tips, and beauty secrets presented in this tried and true guidebook. Now updated and expanded, Judes Herbal Home Remedies offers more than 800 treatments, tinctures, tonics, and teas,

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using many easy-to-find herbs, as well as a comprehensive herbal index with over 200 illustrations.

A heartwarming story about three siblings, evacuated from London to live in the countryside, looking for a permanent home--and a new

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meaning for family. A New York  
Public Library Best Book of the Year  
It is 1940 and William, 12, Edmund,  
11, and Anna, 9, aren't terribly upset  
by the death of the not-so-  
grandmotherly grandmother who has  
taken care of them since their parents

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died. But the children do need a guardian, and in the dark days of World War II London, those are in short supply, especially if they hope to stay together. Could the mass wartime evacuation of children from London to the countryside be the answer? It's

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a preposterous plan, but off they go-- keeping their predicament a secret, and hoping to be placed in a temporary home that ends up lasting forever. Moving from one billet to another, the children suffer the cruel trickery of foster brothers, the cold

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realities of outdoor toilets and the hollowness of empty stomachs. But at least they find comfort in the village lending library-- a cozy shelter from the harshness of everyday life, filled with favorite stories and the quiet company of Nora Müller, the kind

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librarian. The children wonder if Nora could be the family they've been searching for. . . . But the shadow of the war, and the unknown whereabouts of Nora's German husband complicate matters. *A Place to Hang the Moon* is a story about the

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importance of family: the one you're given, and the one you choose. Filled with rich, sensory prose, allusions to classic children's stories like A Little Princess, Mary Poppins, and The Story of Ferdinand, this cozy tale with a classic feel is sure to warm your

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heart. An ALSC Notable Children's  
Book An SCBWI Crystal Kite Award  
Winner A Junior Library Guild Gold  
Standard Selection A CCBC Choice  
A Commonsense Guide to Herbal  
Remedies, Nutrition, and Health  
The Mayo Clinic Book of Home

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Remedies

Common Sense Pediatrics

A Common Sense Approach to Total  
Health Transformation

Soap and Water & Common Sense

The Undruggist: Book One

Mama's Home Remedies

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Nobody can possibly care about your health as much as you. The sooner you realize it, the faster you can do something about it. Running to the doctor, and the pharmacy afterward, has become the norm for most health issues. If approached

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with common sense, however, many could be handled from home.

Health isn't a right unless you fight for it. I'm the Un-Druggist, a pharmacist disgusted with what commonly passes for health care today in the U.S. The truth about

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healthy living often conflicts with those common medical beliefs. Truth is our only chance. In addition to giving thousands of household hints the author also adds his common sense comments on diseases, food, pets, and life

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A startling revelation on arthritis...and what you can do about it in your own home. Here are the results of 12 years of research by the author, Dan Dale Alexander. In these pages an authority reports on his findings about the disease...he

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lists successful steps which can be taken to bring relief. Laboratory tests by the author developed a plan and a dietary regime which have brought better health to arthritics and have caused their pains to disappear. The Science Editor of

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The New York Times has reported that arthritis is a lubrication problem. The Times said, in part, that while both cortisone and ACTH are still more precious than radium it is predicted that both are on the way out as far as arthritis is

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concerned. Unlike present “cures supposedly caused by costly miracle drugs, this book gives a complete outline of an inexpensive corrective diet which lubricates the patient’s joints and returns arthritis to better health.

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IF YOU'RE GOING TO EAT  
BREAD, MAKE IT REALLY  
GOOD BREAD! Is there anything  
that says "comfort food" more than  
the aroma of fresh baked bread?  
Have you wanted to bake bread but  
been intimidated by the process? In

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Never Buy Bread Again, self-reliance author Laurie Neverman shares years of baking experience to help you create a wonderful array of homemade breads. In this book you'll find: \* Troubleshooting tips so you can bake without fear \* Easy

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everyday breads such as sandwich bread and crusty French bread \*  
Quick breads such as buttermilk biscuits, corn bread and pancakes \*  
Gluten free breads \* Holiday and special occasion breads, like fruit filled kolache, Polish doughnuts and

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pretzel bread With a few pantry staples, you can create beautiful baked goods that make every meal a memorable one. Don't settle for grocery store loaves with questionable ingredients or pay outrageous prices for gourmet loaves

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- get this book and start baking with confidence today.

It's The End of the World and I'm  
In My Bathing Suit  
Going Off The Grid  
The World According to Dick  
Frymire

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Sustainable, Bee-Friendly  
Techniques to Help Your Hives  
Survive and Thrive  
The Complete Book of Ayurvedic  
Home Remedies  
More to the Story  
Cemetery Boys

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The definitive guide to fighting coronaviruses, colds, flus, pandemics, and deadly diseases, from one of North America ' s leading public health authorities, now updated with a new introduction on protecting yourself and others from COVID-19. Dr.

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Bonnie Henry, a leading epidemiologist (microbe hunter) and public health doctor at the forefront of the fight against the worldwide COVID-19 coronavirus outbreak, has spent the better part of the last three decades chasing bugs all over the world — from

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Ebola in Uganda to polio in Pakistan, SARS in Toronto, and the H1N1 influenza outbreak across North America. Now she offers three simple rules to live by: wash your hands, cover your mouth when you cough, and stay at home when you have a fever.

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From viruses to bacteria to parasites and fungi, Dr. Henry takes us on a tour through the halls of Microbes Inc., providing up-to-date and accurate information on everything from the bugs we breathe, to the bugs we eat and drink, the bugs in our backyard,

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and beyond. Urgent and informative, Soap and Water & Common Sense is the definitive guide to staying healthy in a germ-filled world.

A hilarious new middle-grade from Justin A. Reynolds that asks: What happens when five unsupervised

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kids face the apocalypse under outrageously silly circumstances? Twelve-year-old Eddie Gordon Holloway has concocted his most genius plan ever to avoid chores... especially the dreaded L-A-U-N-D-R-Y. If he can wear all the clothes he owns, he'll only have to do the

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laundry once during his school break. On the day of the highly anticipated Beach Bash, Eddie's monstrous pile of dirty laundry is found by his mom. And Eddie's day has just taken a turn for the worst. Now he's stuck at home by himself, missing the bash, and

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doing his whole pile of laundry. But mid-cycle, the power goes out! With his first load of laundry wet and the rest of his stuff still filthy, he sets out to explore the seemingly empty neighborhood in his glow-in-the-dark swim trunks, flip-flops, and a beach towel. He

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soon meets up with other neighborhood kids: newcomer Xavier (who was mid-haircut and has half his head shaved), Eddie's former friend Sonia (who has spent her entire break trying to beat a video game and was mid-battle with the final boss), and

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siblings Trey and Sage (who are dealing with major sibling drama). As they group up to cover more ground and find out what happened, they realize that their families aren't coming back anytime soon. And as night falls, the crew realizes that they aren't

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just the only people left in the neighborhood, they might be the only people left... anywhere.

Addressed to the Inhabitants of America, on the Following Interesting Subjects, viz.: I. Of the Origin and Design of Government in General, with Concise Remarks

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on the English Constitution. II. Of  
Monarchy and Hereditary  
Succession. III. Thoughts on the  
Present State of American Affairs.  
IV. Of the Present Ability of  
America, with some Miscellaneous  
Reflections

The Handbook of Home Remedies

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is a quick, A to Z reference tool that covers simple recommendations for common ailments which can be safely managed at home. This guide to health contains hidden truths and ancient wisdom handed down from generation to generation. It draws

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from a variety of healing traditions and cuts through the marketing hype and hidden corporate agendas with straightforward descriptions and concise instructions. It also contains up-to-date evidence-based strategies for emerging modern challenges such

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as herpes and autism. Written by an occupational therapy assistant with a passion for medicine, and board-certified emergency physician with over 20 years of experience, the information provided is information you can trust. Topics cover the range from

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conventional pharmaceutical drug information to Traditional Chinese Medicine and quantum medicine. This guide is second to none and is a great resource to have in your home!

Discover Time-Tested Secrets of Good Health and the Pleasures of

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Natural Living  
The Complete Idiot's Guide to  
Fermenting Foods  
Honor Girl  
Based on the Timeless Wisdom of  
India's 5,000-Year-Old Medical  
System  
Simple. Natural. Healing.

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A Novel

The Definitive Guide to Viruses,  
Bacteria, Parasites, and Disease  
When Sadie Lapp steps off  
the bus in Stoney Ridge  
after being in Ohio for  
the winter, she is faced

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with a decision--one that goes against her very essence. Yet it's the only way she can think of to protect a loved one. Schoolteacher Gideon Smucker has been crazy

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about Sadie since boyhood.  
But his response to her  
surprising decision  
undermines his own  
reputation--and his  
relationship with Sadie.  
College student Will

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Stoltz is spending the spring at the Lapp farm as a guard for a pair of nesting Peregrine Falcons--courtesy of the Lancaster County Game Warden. Will needs to get

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his life back on track,  
but his growing friendship  
with Sadie threatens his  
plans. The lives of these  
three individuals  
intertwine, and then  
unravel as unexpected

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twists create ripples  
through the town of Stoney  
Ridge . . . and through  
Sadie's heart. Once again,  
bestselling author Suzanne  
Woods Fisher intrigues and  
delights with a story that

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explores the bonds of friendship, family, and true love. Readers will enjoy every surprise in Sadie's story as they search for the truth hidden within these pages.

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Is city life fencing you in? Break free of the daily grind with off-the-grid solutions for a simpler, stress-free tomorrow. Are you overworked and

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overcrowded? Do you dream of dropping off the radar? Do you crave the peace of mind that only nature can provide? Fitness and military intelligence expert Gary Collins has

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helped thousands of people  
roam free with firsthand  
advice shared on his  
popular website. And now  
he's here to help you  
reclaim your independence.  
Going Off the Grid: The

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How-To Book of Simple  
Living and Happiness  
contains step-by-step  
instructions for creating  
your self-sustaining  
refuge in the untamed wild  
or the blacktop jungle.

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Through Collins' methods, you'll identify and purge unnecessary stressors from your everyday life. You'll also learn the basics of off-the-grid living from home construction to

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energy alternatives, from sewage disposal to internet access. In *Going Off the Grid*, you'll discover: How to downsize your current living conditions for a clutter-

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free future Techniques for  
simplifying your hectic  
schedule so you can enjoy  
life's simple pleasures  
How to find the ideal off-  
the-grid property that  
will meet your every need

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Common types of building techniques and materials for high energy efficiency and insulation Fun and informative stories detailing Collins' off-the-grid nomadic lifestyle and

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much, much more! Going Off the Grid is your must-have handbook for living outside the city limits. If you like DIY guides, practical expert advice, and bucking societal

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expectations, then you'll love Gary Collins' roadmap to a liberating lifestyle. Buy *Going Off the Grid* to plan your escape into a new world of possibilities today!

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The essential home medical reference guide for children from infancy through age twelve, The Doctors Book of Home Remedies for Children is a book no parent will want

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to be without. It contains safe and easy home remedies for the bumps, bruises, aches, pains, scratches, and sniffles that come with childhood. The editors of Prevention

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Magazine Health Books  
asked more than 250  
doctors, nurses, and  
health-care professionals  
for healing tips and  
techniques that parents  
could use at home. The

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result is this practical,  
easy-to-use medical  
reference for hundreds of  
childhood ailments. Inside  
you'll learn what medical  
experts do to stop bee  
stings from hurting, keep

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poison ivy from  
itching—and even stop  
siblings from fighting.  
"Medical Alerts" tell  
parents when to call a  
doctor, a "Prevention"  
section provides pointers

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for keeping kids accident-free, and under "First Aid" you'll find essential emergency procedures. Now every parent can get doctor-recommended remedies, for everything

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from allergies and animal bites to toothaches and TV addiction.

The author reports the results of his research into the cause of arthritis and offers a



dietary plan complete with  
menus designed to relieve  
the disease's symptoms  
Common Sense Natural  
Beekeeping  
Alternative Medicine for  
Injuries and Disease

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From Allergies and Animal  
Bites to Toothaches and TV  
Addiction, Hundreds of  
Doctor-Proven Techniques  
and Tips to Care for Your  
Child  
Oatmeal, Cucumbers,

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Ammonia, Lemon, Gin-Soaked  
Raisins: Timeless  
Solutions to More Than 200  
Common Aches, Pains, and  
Illnesses  
Tell Me Something Real  
A Guidebook for

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Residential Retrofit : as  
Derived from the First  
National Retrofit  
Conference, June 19-21,  
1980, Princeton, N.J.  
The Doctors Book of Home  
Remedies for Children

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A comprehensive guide to herbal remedies by two of the most trusted authorities on the subject includes information about the most popular herbs, an A-to-Z handbook of common symptoms and ailments, dosage tips and precautions, and a

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variety of home andA  
comprehensive guide to herbal  
remedies by two of the most trusted  
authorities on the subject includes  
information about the most popular  
herbs, an A-to-Z handbook of  
common symptoms and ailments,

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dosage tips and precautions, and a variety of home and herbal remedies, vitamin therapies, and dietary supplements. Reprint.  
herbal remedies, vitamin therapies, and dietary supplements. Reprint.  
Make your own delicious cultured

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foods-safely and easily! The art of fermenting foods is an ages-old craft that is enjoying a resurgence as people are discovering not only the health benefits of live-culture foods, but the true pleasure of creating their own fermentations at

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home. From kombucha to kefir, and from sourdough to kimchi, research is proving that live-culture foods can help reduce high cholesterol, strengthen and support digestive and immune systems, and help fight and prevent chronic diseases.

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The Complete Idiot's Guide® to Fermenting Foods covers the amazing health benefits of fermented foods and the techniques for safely fermenting food at home. Here's what you'll find in The Complete Idiot's Guide

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to Fermenting Food: Over 100 unique and delicious recipes for ferments of all types, including beverages, cultured dairy, fermented grains, vegetable ferments, and much more, and each with detailed instructions

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Helpful insight on the tools and techniques you'll need to know to safely create nearly any type of fermented food Detailed guidance on how fermentation works, how to troubleshoot common fermentation issues, and how to grow your own

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starters

A graphic novel memoir depicting the author's teenage experiences at summer camp where she fell in love with an older girl.

A Homeopathic Handbook of Natural Remedies offers the most

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succinct and up-to-date information available on homeopathy, a method of healing that works by stimulating the body's natural defenses. Laura Josephson provides an overview of the healing principles and history of homeopathy, clear guidelines for

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identifying and treating symptoms, and instructions for preparing and stocking your home kit. In addition to homeopathic first aid treatment for such ailments as back pain, puncture wounds, eye injuries, fractures, and insect bites, the book

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outlines remedies for a wide range of everyday complaints, including allergies, coughs, colds, flu, fevers, digestive problems, headaches, PMS, earaches, insomnia, jet lag, and more. A separate section deals specifically with childhood

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conditions. Also included is an extensive resource directory of homeopathic pharmacies and a list of articles and other publications that provide further information.

## Combining Alternative and Traditional Medicine in Everyday

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Practice

20+ Homemade Bread Recipes

Stella by Starlight

A Homeopathic Handbook of

Natural Remedies

Hoard's Dairyman

Common Sense

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# A Country Doctor's Common Sense Health Manual

Offers simple and effective healing techniques from New England country doctors, with natural remedies for aches, pains, infections, allergies, and other

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common problems.

You're at home on the weekend, or on holiday, or it's after 5 p.m. and you don't know how to solve the pain or burn or bite your child has. Dr. Mom's Natural Healthcare for Children offers help. The single

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mother of three children, Kathy Duerr describes the real life treatments that worked with the common childhood illnesses that her children experienced. Divided into three parts, the book includes homeopathic and herbal medicines,

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infant care from breast feeding to immunisation; and common children's diseases and ailments. 2010 Living Now Bronze Award Winner for category: Nutrition, Dietary, Circulation Winner, 2009 Mom's Choice Gold Award in Adult

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Books: Health, Nutrition, Fitness & Safety Finalist in the 2008 Next Generation Indie Book Awards for two categories: Health/Wellness and Multicultural Non-Fiction Interwoven with centuries-old herbal remedies, time-tested

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techniques, and women's wisdom handed down through the ages, this kaleidoscopic whole-health tapestry reveals a myriad of natural methods for achieving and maintaining good health and all-around happiness. At the heart of the narrative is a

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compilation of natural recipes for infusions, poultices, teas, and tinctures--garnered by the young Svetlana while listening to her mother and "the girls" (other medical professionals like her mother) as they shared their bond

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of friendship and their tales of healing success while gathered for tea in the family's blossom-filled garden--intertwined with her grandmother's fairy tales, family vignettes, legends, and herbal lore. Filled with easy-to-make, natural,

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healing recipes for common ailments and illnesses--such as allergies, asthma, fatigue, headaches, insomnia, and respiratory problems--this all-encompassing guide to wellness offers a holistic approach that

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intermingles alternative treatments with folklore, psychology, philosophy, and spirituality to foster optimal health and joyful living. Based on the ancient healing tradition from India that dates back thousands of years, The Complete

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Book of Ayurvedic Home Remedies offers natural alternatives to conventional medicines and treatments with practical advice and easy-to-follow instructions. Dr. Vasant Lad, a leading authority in this field, has created an invaluable

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guide to treating common ailments and chronic problems with strategies tailored to your personal needs based on your dosha. Dr. Lad first explains the principles behind the science of Ayurveda, exploring the physical and

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psychological characteristics of each of the three doshas, or mind-body types--vata, pitta, and kapha. Once you have determined which type or combination of types you are, Dr. Lad helps you to begin your journey to the ultimate "state of

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balance" and well-being. Dr. Lad explains why certain imbalances often result in illness and shows you how to restore your body to natural order. You'll learn which traditional Ayurvedic remedies--herbal teas and

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formulas, essential oils, meditation, yoga--offer relief from a variety of conditions, such as cold and flu symptoms, headaches, toothaches, sore throats, high cholesterol, vision problems, anxiety, and depression. Dr. Lad also shows you

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how to use diet and specific Ayurvedic techniques to prevent future illness and to promote body consciousness and healthy living. The Complete Book of Ayurvedic Home Remedies enables us all to experience the benefits of

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Ayurveda's healing properties that have been refined over thousands of years. All of the herbs, foods, and oils Dr. Lad recommends can be found in local health food stores or through mail-order catalogs. Complete with an extensive

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glossary and resource list, this is the definitive guide to natural, safe, and effective remedies, everyday keys to a lifetime of vitality and well-being.

The People's Common Sense  
Medical Adviser in Plain English

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The How-To Book of Simple Living  
and Happiness  
Folk Medicine and Common Sense  
What to Do For The Most Common  
Health Problems  
Doctor Mom's Natural Healthcare  
for Children

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## Girl in Pieces

The People's common sense  
medical adviser in plain English, or,  
Medicine simplified

From the critically acclaimed author  
of Amina's Voice comes a new  
story inspired by Louisa May

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Alcott's beloved classic, *Little Women*, featuring four sisters from a modern American Muslim family living in Georgia. When Jameela Mirza is picked to be feature editor of her middle school newspaper, she's one step closer to being an

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award-winning journalist like her late grandfather. The problem is her editor-in-chief keeps shooting down her article ideas. Jameela's assigned to write about the new boy in school, who has a cool British accent but doesn't share

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much, and wonders how she'll make his story gripping enough to enter into a national media contest. Jameela, along with her three sisters, is devastated when their father needs to take a job overseas, away from their cozy Georgia home

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for six months. Missing him makes Jameela determined to write an epic article—one to make her dad extra proud. But when her younger sister gets seriously ill, Jameela's world turns upside down. And as her hunger for fame looks like it

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might cost her a blossoming friendship, Jameela questions what matters most, and whether she's cut out to be a journalist at all... In SIMPLE. NATURAL. HEALING, author Donna La Bar teaches the methods and science behind the

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body's miraculous ability to heal itself."

Common Sense Natural Beekeeping teaches aspiring as well as experienced beekeepers how to keep their bees healthy and productive without depending on

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unnatural chemical or human intervention.

Provides information on practical, cost-effective, least-toxic physical, mechanical, cultural, biological, and chemical methods for controlling indoor and outdoor pests

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Over 400 Ayurvedic, Herbal,  
Essential Oil, and Home Remedies  
for Everyday Ailments  
The Handbook of Home Remedies  
Home Remedies from a Country  
Doctor  
Arthritis and Common Sense

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Home Remedies

Llewellyn's Book of Natural  
Remedies

A Tale of Modern Apothecary and  
Wellness

A trans boy determined to prove his  
gender to his traditional Latinx

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family summons a ghost who refuses to leave in Aiden Thomas's New York Times-bestselling paranormal YA debut Cemetery Boys, described by Entertainment Weekly as "groundbreaking." Yadriel has summoned a ghost,

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and now he can't get rid of him. When his traditional Latinx family has problems accepting his true gender, Yadriel becomes determined to prove himself a real brujo. With the help of his cousin and best friend Maritza, he

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performs the ritual himself, and then sets out to find the ghost of his murdered cousin and set it free. However, the ghost he summons is actually Julian Diaz, the school's resident bad boy, and Julian is not about to go quietly into death. He's

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determined to find out what happened and tie off some loose ends before he leaves. Left with no choice, Yadriel agrees to help Julian, so that they can both get what they want. But the longer Yadriel spends with Julian, the less

he wants to let him leave. Praise for Cemetery Boys: Longlisted for the National Book Award "The novel perfectly balances the vibrant, energetic Latinx culture while delving into heavy topics like LGBTQ+ acceptance, deportation,

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colonization, and racism within authoritative establishments."  
—TeenVogue.com "This stunning debut novel from Thomas is detailed, heart-rending, and immensely romantic. I was bawling by the end of it, but not from

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sadness: I just felt so incredibly happy that this queer Latinx adventure will get to be read by other kids. Cemetery Boys is necessary: for trans kids, for queer kids, for those in the Latinx community who need to see

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themselves on the page. Don't miss this book." —Mark Oshiro, author of *Anger is a Gift*  
In *The Lost Ways* you'll find the long forgotten secrets that helped our ancestors survive famines, wars, economic crises, diseases,

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droughts, and anything else life threw at them.

Committed to finding natural ways to care for their children, many parents seek techniques that do not require the invasive procedures and medications often associated with



Western medicine. In *Naturally Healthy Babies and Children* midwife and herbalist Aviva Romm offers a comprehensive handbook that addresses the common health issues of children, from newborns to preadolescents. Aviva's whole-

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child approach integrates herbal remedies, nutrition, hygiene, and alternative health techniques with supportive, informed parenting. From anemia to whooping cough, each entry includes herbal, dietary, and general recommendations,

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including tips on when to pursue professional medical care. Naturally Healthy Babies and Children is indispensable reading for families seeking safe, effective ways to practice healing techniques at home.

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Many common health problems can be treated with simple remedies you can do at home. Even if the steps you take don't cure the problem, they can relieve symptoms and allow you to go about your daily life, or at least help

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you until you're able to see a doctor. Some remedies, such as changing your diet to deal with heartburn or adapting your home environment to cope with chronic pain, may seem like common sense. You may have questions

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about when to apply heat or cold to injuries, what helps relieve the itch of an insect bite, or whether certain herbs, vitamins or minerals are really effective against the common cold or insomnia. You'll find these answers and more in Mayo Clinic

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Book of Home Remedies. In situations involving your health or the health of your family, the same questions typically arise: What actions can I take that are immediate, safe and effective? When should I contact my doctor?

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What symptoms signal an emergency? Mayo Clinic Book of Home Remedies clearly defines these questions with regard to your health concerns and guides you to choose the appropriate and most effective response.

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Effective Natural Health Tips for  
Autism, Blood Pressure, Cancer,  
Depression, Pain, and More  
Or, Medicine Simplified  
A Place to Hang the Moon  
Naturally Healthy Babies and  
Children

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The Lost Ways  
Never Buy Bread Again  
The People's Pharmacy Guide to  
Home and Herbal Remedies  
Discover Hundreds of Holistic  
Remedies and Wellness Tips  
Llewellyn's Book of Natural

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Remedies shares a powerful integrative approach to healing and living a more natural life. Author Vannoy Gentles Fite shares effective remedies for more than a hundred ailments, exploring contemporary and traditional

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techniques using common, everyday ingredients. Integrative medicine combines natural, holistic approaches with mainstream medicine. In this book, each ailment includes treatments using essential oils, herbs, Ayurveda, and home

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remedies. The recipes are easy to locate based on your specific needs, and they include materials you can typically find in your home. From balms and baths to tinctures and wraps, these outstanding remedies will support your healing

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process as you live your best possible life.

"The three Babcock sisters must travel to a Mexican clinic across the border so their mother, ill with leukemia, can receive alternative treatments. The sisters' world is

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about to shatter under the weight of an incomprehensible betrayal. . . an illness far more insidious than cancer that poisons their home"-- Sharon M. Draper presents "storytelling at its finest" (School Library Journal, starred review) in

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this New York Times bestselling Depression-era novel about a young girl who must learn to be brave in the face of violent prejudice when the Ku Klux Klan reappears in her segregated southern town. Stella lives in the

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segregated South—in Bumblebee, North Carolina, to be exact about it. Some stores she can go into. Some stores she can't. Some folks are right pleasant. Others are a lot less so. To Stella, it sort of evens out, and heck, the Klan hasn't bothered

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them for years. But one late night, later than she should ever be up, much less wandering around outside, Stella and her little brother see something they're never supposed to see, something that is the first flicker of change to come,

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unwelcome change by any stretch of the imagination. As Stella's community—her world—is upended, she decides to fight fire with fire. And she learns that ashes don't necessarily signify an end.

Herbal Home Remedies

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Common-sense Pest Control  
Make Your Own Delicious, Cultured  
Foods—Safely and Easily  
The Haven (Stoney Ridge Seasons  
Book #2)  
Safe and Effective Treatment of  
Common Ailments and Injuries

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