



The Complete Idiot's Guide to Natural Remedies

Chrystle Fiedler

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It's amazing what a little peppermint and a couple of walnuts can do.

The health conditions? Everything from heart disease, cancer, and migraines to insomnia, PMS, and allergies. The remedies? Fish oils, peppermint, lavender, blueberry yogurt, and old-fashioned vitamin C. This is a complete reference book for readers who want scientifically researched recommendations for the best all-natural treatments for specific conditions presented in an easy-to-follow format.

- Covers complaints and ailments from high blood pressure to bug bites
- Each treatment based on the latest scientific research
- Includes natural remedies from herbs and supplements to traditional Chinese Medicine
- Arranged by specific ailment or disorder

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