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## Natural Medicine First Aid Remedies: Self-Care Treatments for 100+ Common Conditions (Paperback)

By Stephanie Marohn

Hampton Roads Publishing Co, United States, 2003. Paperback. Condition: New. Language: English . Brand New Book. When faced with common health emergencies, many of us automatically turn to over-the-counter medications. But we have another option--easy-to-use, safe, inexpensive, and highly effective natural medicines. Natural Medicine First Aid Remedies provides everything you need to know to treat a range of ailments and health concerns, including burns, muscle cramps, hot flashes, shock, sore throat, toothache--100 common health problems in all. (Next time you get a headache, try rubbing peppermint essential oil on your temples before you reach for the aspirin.) Natural Medicine First Aid Remedies tells how to equip your medicine cabinet with the ten most essential natural remedies including arnica (for pain and stiffness), echinacea (for colds), tea tree oil (for skin infections), aloe vera gel (for burns), activated charcoal (for food poisoning), and more. It explains how homeopathy, herbs, diet, essential oils, flower essences, nutritional supplements, reflexology, and gem therapy can provide healing benefits for various conditions. Written by health journalist Stephanie Marohn, Natural Medicine First Aid Remedies is based on medical research and draws upon protocols used by dozens of health care practitioners. Informative and unique, it is a reference...



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