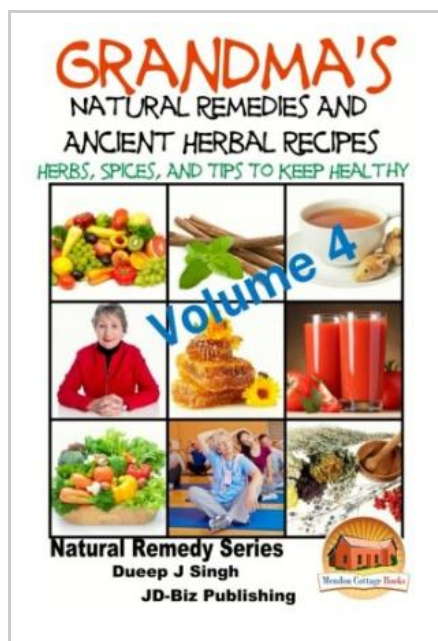




Grandma s Natural Remedies and Ancient Herbal Recipes - Volume 4 (Paperback)

By Dueep Jyot Singh, Managing Director John Davidson

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Grandma s Natural Remedies and Ancient Herbal Recipes - Volume 4 Table of Contents Introduction What is The Importance Of fruit, vegetables, herbs And spices? Spices in Your Daily Diet Grandma - Cook and Medicine Woman Garam Masala Recipe Massaman Masala Grandma s Herbal Tips Controlling High Blood Pressure Why Grandma Did Not Fuss Curing Cuts, Bruises And Wounds Depression Nervous problems/Irritability Obesity Cure Curry leaves Lemon Juice Regime Losing weight Through Exercise? How Boring! Conclusion Author Bio Introduction In this fourth volume of grandma s ancient natural remedies and herbal recipes, you are going to get a collection of recipes, in which grandmother used fruit, vegetables, herbs and spices to cure her family and also the neighbors around her. These remedies were given to her down the ages from our grandmother, and so on. Many of these remedies have been lost in the mists of time, but there were still some people in ancient times who wrote these remedies down in books. In 800 BC, Homer praised the knowledge of ancient Egyptians, who were...



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Reviews

This publication may be really worth a go through, and a lot better than other. It really is written in simple terms and never difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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