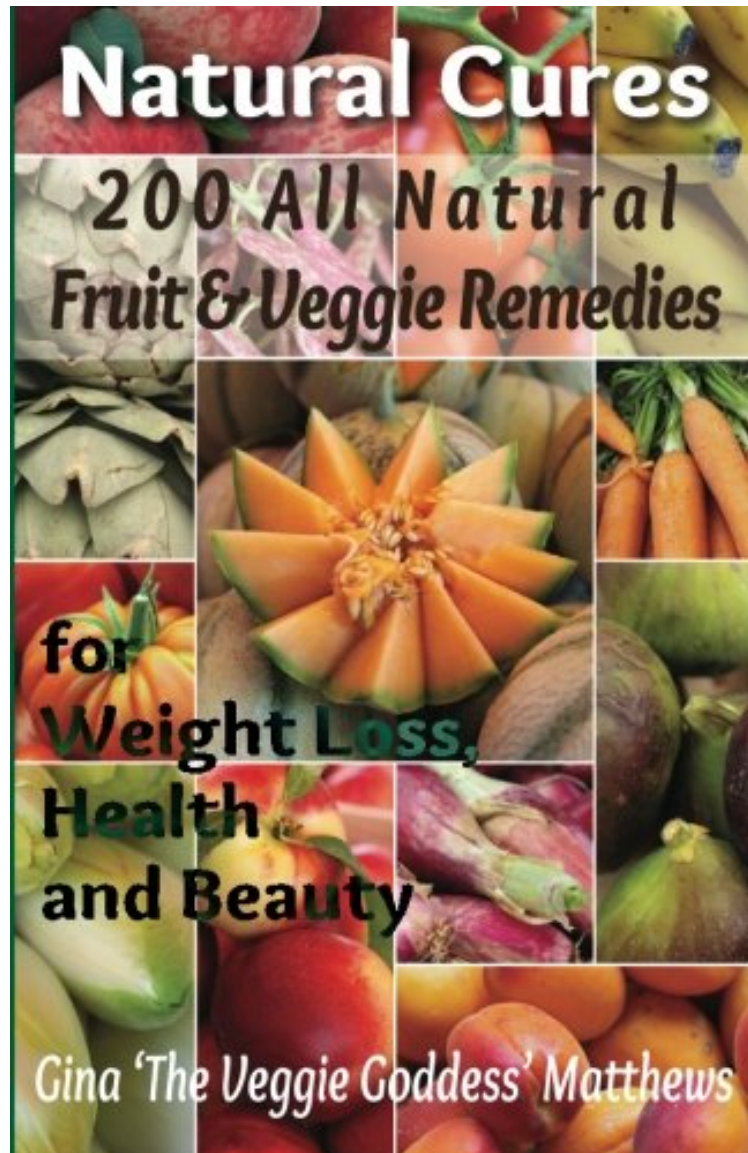


(Download) Natural Cures: 200 All Natural Fruit Veggie Remedies for Weight Loss, Health and Beauty: Nutritional Healing - Food Cures (Volume 1)

Natural Cures: 200 All Natural Fruit Veggie Remedies for Weight Loss, Health and Beauty: Nutritional Healing - Food Cures (Volume 1)

Gina 'The Veggie Goddess' Matthews

**Download PDF | ePub | DOC | audiobook | ebooks*



[Download](#)

[Read Online](#)

#3653054 in Books 2012-10-15 Original language: English PDF # 1 8.50 x .41 x 5.50l, .48 #File Name: 1480113433182 pages | File size: 50.Mb

Gina 'The Veggie Goddess' Matthews : Natural Cures: 200 All Natural Fruit Veggie Remedies for Weight Loss, Health and Beauty: Nutritional Healing - Food Cures (Volume 1) before purchasing it in order to gage whether or

not it would be worth my time, and all praised *Natural Cures: 200 All Natural Fruit Veggie Remedies for Weight Loss, Health and Beauty: Nutritional Healing - Food Cures (Volume 1)*:

3 of 3 people found the following review helpful. Well explained remedies. By Michelle As a kid I always remember my grandmother using home remedies for all sorts of things. I used to call her the family 'witch doctor', but only in jest. I never remember her being sick, and family and friends were always asking her for some homemade remedy for this or that. I guess as I got older, I really started to appreciate all those natural methods of staying healthy. As I continue to get older, I'm finding myself drawn more and more to using natural remedies to prevent and heal health issues, since I don't want to be some shriveled up body, amped up on pharmaceuticals just barely staying alive. I'm most interested in the natural remedies for health, but am admittedly also curious about the beauty remedies for anti-aging benefits, and there are lots of those in this book. This remedy book is a lot bigger than I imagined, and the remedies are very well explained. 3 of 3 people found the following review helpful. *Natural Cures- A Wonderful Resource Guide* By Barbara SA nicely ordered, natural remedy guide that makes for great go-to reference material. I was surprised by the versatility of many of these fruits and vegetables, and realize better now what was meant by the famous Hippocrates quote, 'Let food be thy medicine and medicine be thy food.' I also liked that the author gave buying and storage tips for each of the mentioned ingredients, which I found to be extremely useful, and you can immediately put those tips to practice even before using any of the ingredients as a natural remedy. All the remedies were well explained on how to use them for their intended purpose, and even included some cautionary notes for some ingredients that would apply to people with certain health conditions. If you're like me, and prefer to use old-fashioned remedies first before drugs and chemicals, this book will make a handy remedy reference guide for you. 1 of 1 people found the following review helpful. Really informative By Joel Adams I really liked this book. I've been a health nut for about 7 years and really believe that nutrition and exercise can cure/prevent just about any illness out there. The problem is proper nutrition is so hard to get these days with all the chemicals use in our foods. So getting sick is inevitable for those of not rich enough to buy only organic food. BUT when we do get sick we can always turn to this book! It has some great natural cures for what ails you. Definitely recommended!

Holistic health by way of natural cures and nutritional healing was how our ancestors used to live, and we are once again returning to this natural living lifestyle. Holistic health through the use of natural remedies and food cures, is not meant to shun modern medicine. Instead, it is a safe and oftentimes harmless first defense against life's constant barrage of both minor and major threats to our physical, mental and emotional health and well-being. Nutritional healing via food cures, used both internally and externally, is how our bodies are naturally meant to survive and thrive. Our bodies naturally know how to extract and assimilate nutrients and medicinal compounds found in natural foods, vs. synthetically manufactured ones. And, unlike their lab-made counterparts, natural remedies and food cures have far less incidence of side effects. Typically, any side effects realized when using natural remedies, is a result of a food allergy, or irresponsible use by the end user. Here's a sampling of some of the expansive nutritional healing and food cures you'll find inside *'Natural Cures: 200 All-Natural Fruit and Veggie Remedies for Weight Loss, Health and Beauty'*. *Find out how to use this vegetable, just once a week, to save a minimum of 18,000 calories in a year. *Find out which fruit enhances libido and sexual experience for both men and women alike, and starts working in just minutes. *Discover this very unique way to use this vegetable, for immediate relief from pain, swelling and itching caused by hemorrhoids. *Learn which vegetables can be used as natural insecticides in the garden, and exactly how to use them. *Find out which food you can eat to thin your blood as effectively as aspirin, but without the dangerous side effects. *Discover which fruit can help reduce IBS symptoms in as little as 30 days. *Find out exactly how to use this fruit to relieve the misery of painful migraines and headaches in just minutes. *Ladies, discover this coveted fruit recipe used in Asia and India that can naturally increase your bust-line, without dangerous surgery. *Discover how to use this food to help squash a yeast infection overnight. *Find out which food contains natural anti-herpes compounds, and can be taken for the prevention of herpes outbreaks, as well as to reduce outbreak duration and severity of symptoms. *Discover what could possibly be the very best hangover remedy in the world of natural remedies, using this specific vegetable concoction. Discover all these amazing natural remedies and so very much more, along with buying and storage tips for all these nutritious and medicinal fruits and vegetables. Order your *'Natural Cures: 200 All-Natural Fruit and Veggie Remedies for Weight Loss, Health and Beauty'* today. <http://www.theveggiegoddess.com> <http://www.facebook.com/theveggiegoddess> <http://www.pinterest.com/veggiegoddess>