



National Geographic Complete Guide to Natural Home Remedies: 1,025 Easy Ways to Live Longer, Feel Better, and Enrich Your Life

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Combining science and folklore for health, this book features practical cures, medicinal herbs, healing foods, green housecleaning, sustainable cosmetics, alternative therapies, and lifestyle changes--hundreds of ways to boost your health naturally. Created with a nationally recognized advisory board of medical professionals and leading figures in natural healing fields, *National Geographic Complete Guide to Natural Home Remedies* covers topics ranging from the familiar to the new and promising: from mint tea for a stomachache to onion juice for a bee sting, from using baking soda as a kitchen cleanser to finding quiet in a crowded world, from adding turmeric to fight arthritis to practicing aromatherapy at home. Sections on healing traditions and best life practices from around the world offer readers all-around guidance on the path to optimal health. Photographs, recipes, cautions, and quick tips on page after page make this both a handy look-up reference and a fascinating browse to keep close at hand for years to come.

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