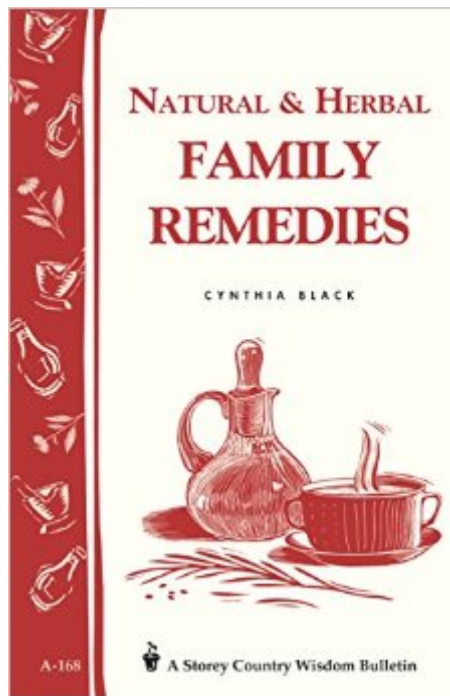


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# Natural & Herbal Family Remedies: Storey's Country Wisdom Bulletin A-168 (Storey Publishing Bulletin, A-168)



## Synopsis

Rediscover the Recipes Your Grandmother Once Used Natural and herbal healing is nothing new. For thousands of years people have relied on the gifts of nature to cure common ailments. Today, herbal remedies have become a popular alternative to conventional medicine and a way for families to address everyday woes themselves. In *Natural & Herbal Family Remedies*, Cynthia Black shares the tried-and-true remedies that have been with her family for generations. To this day she uses these natural and herbal treatments to care for her family, pets, and home. You'll find recipes for treating the conditions common in every family, including diaper rash, cuts, bruises, stress, headaches, colds, and stomachaches, as well as natural beauty treatments for hair and skin care. Cynthia also provides recipes for nourishing foods, natural animal care, and herbal cleansers for the home.

## Book Information

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## Customer Reviews

This is listed as a cookbook of sorts for natural and herbal family remedies. What it is, in actuality, is a somewhat rambling and disorganized spewing of all the remedies that the author can think of. There are clear and detailed instructions for making poultices, creams, tinctures... in general, but very few recipes for making SPECIFIC poultices, creams, etc. Surprisingly, I found cooking recipes in this little flier. Bean soup, two kinds of broth, baby food etc. They weren't even described as being remedies for anything in particular - just very healthy and therefore recommended to fill up space.

There were recipes for teas that weren't even supposed to do anything except taste good. Sometimes the recipes aren't recipes at all - just tips. For example, find SOMEWHERE that you can order basil juice and apply it to itchy bug bites. Doesn't tell you how to make your own, just to go buy it somewhere. Finally, it would have been helpful if this book had contained an ingredient list of the several kinds of herbs that they recommend. There are only about 10 main herbs that are used most frequently in these recipes and it would have been helpful if the author had perhaps included where they could be found and instructions for growing them yourself. I can find lemon basil all by myself but comfrey root and leaves are a little hard to come by.

Although you really shouldn't expect greatness out of these pamphlets due to their inherently short content, this one in particular falls kind of short. For the most part, this kind of pulls from dubious family practice. What I mean is this: while some of the remedies are actually quite well known, there is a point where you get the sense that the author has convinced herself of the remedies effectiveness over actual effectiveness. In essence, she has bought into her own hype, and considers any mixture she puts forth to be of use. An additional problem as I see it is that the author is pulling from only her experience, her mothers, and her grandmothers. I would expect a little more field work and referencing of somebody else's experiences. To me, the author seems to have lived a mostly insular existence with no real practical experience outside her farm and family. Perhaps I am wrong, but I do know that allergies and differences in physiology alter the effectiveness if not the outright safety of purported cures, which is not accounted for at all in this publication. While there are useful recipes in this book, you already know some, and the rest are questionably useful. For \$4, there is no reason not to give it a read and see if it works for you, but for me, it is sorely lacking.

The booklet arrived on time, and in perfect condition. I couldn't wait to begin reading it. The instructions are clear and concise, and use common household items, or things that are easy to get. I'm thinking about getting more booklets in the series!

This item should not be listed as a book, it is a pamphlet. I should have realized how brief 32 pages would be. All of the information is available for free on the internet and in a more detailed manner. Don't waste your time or money.

wow, who knew that mustard could replace costly emergency room visits, and I didn't need that horse-powered painkiller for my monthly cramps. storey has given us healthy, affordable, working

methods of healing and treatment that we utilize easily for our family and friends. It basically changed our life and how we go about treating our bodies. A must have !!

While it does consist of a beginning, middle and end, and is constructed of a cover with a title and authors name printed on it with pages inside with information written on them to convey a message it..... well, I guess it is just another book.

I bought this book/pamphlet specifically for the purpose of research material while writing a book (Foreign and Domestic, Part I: When Rome Stumbles). I could have gleaned the info from the web but I also wanted to add it to my library of prep supplies. You never know when you might find yourself without.

Did not use enough materials found in nature. Had to buy a lot of the ingredients. If you have to buy the ingredients, you might as well buy the product.

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