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Natural remedies can be used to help

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all sorts of issues – from stomach pains and headaches to anxiety and the common cold. On this page we look at the best complementary remedies to help you boost your wellbeing. Homeopathy Herbal Remedies complementary Latest Articles. Homeopathy Herbal

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*Natural-Remedies | Natural Health
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Combine raw honey, aloe vera juice
and olive oil in bowl, then use as a
natural hand cream and massage onto

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cuticles. Repeat this several times
each week. 26. Urinary tract infections:
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squeeze the juice. Add an equal amount of water and take ... Tomatoes
- Natural remedy for Jaundice: Blend some tomatoes, add a little salt and pepper and drink it first thing in the ...

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Natural remedies are packed with antiseptic, antibacterial, analgesic and antioxidant properties. Due to such potent advantages of these naturopathic remedies, more people are resorting to various natural treatment options like essential oils, herbs, simply made home remedies

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for treating common conditions.

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How to choose herbal remedies.

These herbs are believed to have the
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tonic, may boost energy ; Bilberry -

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may improve circulation, repairs veins
; Garlic - lowers cholesterol, may help
prevent cancer ; Gingko biloba -
antioxidant, may improve circulation
and memory ; Green tea - antioxidant
and tonic

The A-Z of herbal remedies - Saga

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Home remedies have become increasingly popular as the expense and hassle of conventional medicine continues to rise. Beyond the convenience, home remedies have found favor with a public that wants to take a more holistic approach to its ailments.

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Home Remedies A-Z | HowStuffWorks

Peppermint Mint has been used for hundreds of years as a health remedy. Peppermint oil might help with irritable bowel syndrome -- a long-term condition that can cause cramps, bloating, gas,...

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Home Remedies That Work - WebMD

Chamomile is a popular variety of tea, but the chamomile plant is also used in a number of herbal remedies. To learn how to use chamomile to treat anxiety, cramping, and muscle pain, read Chamomile: Herbal Remedies. While

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Echinacea was used centuries ago by the Native Americans, today many people take this herb to help fight off colds.

Yourself And Provide

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performance . enhancing sports
nutrition . Natural recovery from. injury,
surgery and Infection . Natural
remedies for. brain disorders . Natural
recovery from. fungal and yeast
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virus infections . Natural remedies for.
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year, tensions drive us to a state of
insomnia

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beneficial properties, including
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and antioxidant properties. This means
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Originally a Native American medicinal

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plant, archeologists discovered some evidence that echinacea may have been used by ancient cultures to treat infections and boost immunity. Today, many people use echinacea to treat the common cold and reduce symptoms such as sore throats, coughs, and even fever.

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Dr Brewer says: 'Caprylic acid is a medium chain fatty acid found naturally in coconut oil, palm oil and breast...

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Ailments and Conditions (Illustrated
Encyclopedia) by Ph.D. Shealy, C.

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Norman, M.D.

Natural Remedies: Amazon.co.uk

Oils like lemongrass, eucalyptus, frankincense and ginger are thought to help. Never use undiluted essential oils directly onto your skin or ingest them. Mix with water in a spray bottle

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for a calming spritz or mix with a carrier oil or unscented body lotion and massage into the skin.

*Natural Remedies for Gout | Gout
Treatments | Holland ...*

Examples include healing claims for nonvitamin supplements, fish oil,

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Omega-3 fatty acid, glucosamine, echinacea, flaxseed oil, and ginseng. Herbal medicine, or phytotherapy, includes not just the use of plant products, but may also include the use of animal and mineral products.

Alternative medicine - Wikipedia

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Magnesium is one of the best natural remedies for high blood pressure if you are lacking in dietary magnesium. Magnesium is needed for muscles in artery walls to relax, so that blood vessels can dilate and allow blood pressure to fall. Magnesium also reduces arterial spasm.

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