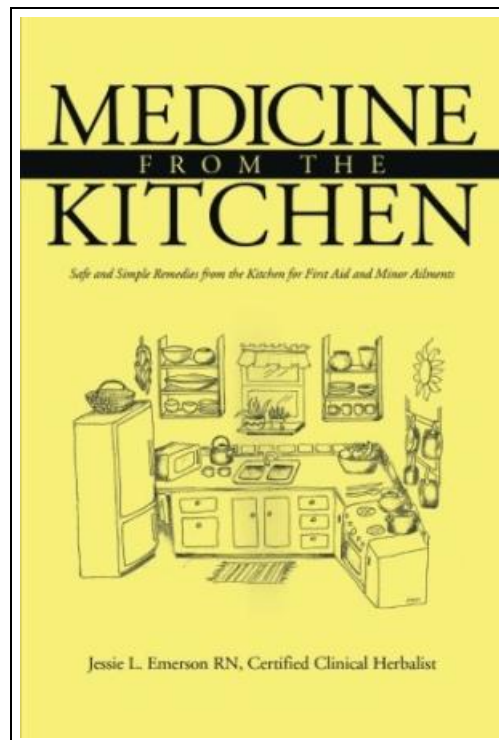


Medicine from the Kitchen: Safe and Simple Remedies from the Kitchen for First Aid and Minor Ailments (Paperback)



Filesize: 5.85 MB


Reviews


A high quality pdf and also the typeface used was exciting to see. it absolutely was writtern really properly and useful. I am quickly could get a delight of looking at a composed pdf.
(Justina Kunze)

MEDICINE FROM THE KITCHEN: SAFE AND SIMPLE REMEDIES FROM THE KITCHEN FOR FIRST AID AND MINOR AILMENTS (PAPERBACK)

[DOWNLOAD PDF](#)

AUTHORHOUSE, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Jessie Emerson has been a practicing registered nurse since 1965. In the 1970 s she began studying herbal medicine, and in 1989 graduated as a certified clinical herbalist from Michael Moore s Southwest School of Botanical Medicine. She is founder and owner of OSO Herbals and offers consultations, native medicinal plant tours. and work shops. Medicine From the Kitchen is Jessie s personal collection of safe and simple remedies based on what can be found in the kitchen. It provides basic first aide and natural solutions for some of the most common injuries and minor ailments. The instructions are clear and concise. There are pages of lists and information to guide you.She lists both basic kitchen items and the essentials of a first aid kit. The list of spices includes medicinal uses. In the recipe section you can learn to make Rehydration, a fluid and electrolyte replacement, an isotonic eye wash or Bouquet Garni. One can tell she is a nurse by how many times she writes, Wash your hands. Jessie says, I believe that we must know what to do in emergency situations, what to do where there is no doctor (in that cabin deep in the Rocky Mountains) or until medical help is available. This little booklet can save lives and prevent suffering. Knowledge prevents panic and promotes calm during a crises. Learn how to make a compress before the need arises. It is my belief that being prepared, awake and aware is your best insurance.

 [Read Medicine from the Kitchen: Safe and Simple Remedies from the Kitchen for First Aid and Minor Ailments \(Paperback\) Online](#)

 [Download PDF Medicine from the Kitchen: Safe and Simple Remedies from the Kitchen for First Aid and Minor Ailments \(Paperback\)](#)

Related Kindle Books



Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning>Welcome. Designed to...

[Download Document »](#)



Children s Educational Book Junior Leonardo Da Vinci : An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English]

Createspace, United States, 2013. Paperback. Book Condition: New. 248 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning>Welcome. Designed to...

[Download Document »](#)



The Country of the Pointed Firs and Other Stories (Hardscrabble Books-Fiction of New England)

New Hampshire. PAPERBACK. Book Condition: New. 0874518261 12+ Year Old paperback book-Never Read-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST...

[Download Document »](#)



Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and...

[Download Document »](#)



Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.

[Download Document »](#)

**Why Is Mom So Mad?: A Book about Ptsd and Military Families**

Tall Tale Press, United States, 2015. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The children s issues picture book Why Is Mom So Mad?

[Read Document »](#)

**What is in My Net? (Pink B) NF**

Pearson Education Limited. Book Condition: New. This title is part of Pearson's Bug Club - the first whole-school reading programme that joins books and an online reading world to teach today's children to read. In

[Read Document »](#)

**Where Is My Mommy?: Children s Book**

Createspace, United States, 2013. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.This children s book is wonderfully illustrated. It has an awesome plot to

[Read Document »](#)

**Because It Is Bitter, and Because It Is My Heart (Plume)**

Plume. PAPERBACK. Book Condition: New. 0452265819 12+ Year Old paperback book-Never Read-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST with

[Read Document »](#)

**Twelve Effective Ways to Help Your ADD/ADHD Child: Drug-Free Alternatives for.**

Book Condition: New. Ships From Canada. New. No dust jacket as issued. Glued binding. 264 p. Contains: Illustrations. Audience: General/trade. Book Info Consumer text of recommendations backed by scientific studies. Discusses diet, allergens, vitamins and

[Read Document »](#)