



# Natural Cures For Dummies

*Scott J. Banks*

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Packed with over 170 remedies for the most common ailments, from arthritis to varicose veins, *Natural Cures For Dummies* will serve as your complete health advisor. This user-friendly reference arms you with information on the symptoms and the root causes of each problem along with a proven, natural, customized prescription. Whether you are looking for relief from a particular nagging ailment or simply wish to obtain optimum health, *Natural Cures For Dummies* gets you on track to approaching healthcare from a natural standpoint.

- Offers clear, expert guidance on dietary changes, healing foods, and natural supplements to treat common conditions
- Includes down-to-earth descriptions of health problems and the range of natural remedies that can be used to manage them
- Shows you how natural cures can treat over 170 of the most common ailments
- Demonstrates how you can dramatically boost your health and wellbeing the natural way

If you're navigating the sprawling world of alternative medicine and looking for a good place to start, *Natural Cures For Dummies* has you covered.

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