

NATURAL REMEDY Reference Guide

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Waiting for you



Cold/Flu

- Probiotics
- Garlic
- Elderberry Syrup
- Apple Cider Vinegar
- Vitamin C
- Hydrogen Peroxide in Ears
- Oil of Oregano
- Eucalyptus Oil (external)
- Peppermint
- Vitamin D

Anxiety/Stress

- L-Theanine
- Cherries
- Chamomile
- Skullcap
- Kava Kava
- Passion Flower
- Valerian
- Lemon Balm
- Rescue Remedy
- S-HTP
- GABA
- Magnesium



Arthritis

- Turmeric
- Omega-3 Fatty Acids
- Epsom salts (external)
- Alfalfa seeds
- Cinnamon
- Ginger
- Vitamins C and D
- Green tea
- Glucosamine
- Selenium
- Onions and leeks
- Tart cherries, black raspberries, grapes and eggplant

Heartburn/Gerd

- Probiotics
- DGL/Deglycyrrhized Licorice
- Co-Q10
- L-Glutamine
- Silica
- Peppermint
- Ginger

High Blood Pressure

- Apple Cider Vinegar
- Celery
- Cucumber
- Co-Q10
- L-Glutamine
- Calcium/Magnesium
- Garlic
- Primrose oil
- Cinnamon

Digestive Issues/Ulcers

- Probiotics
- DGL
- Vitamins A, C, E
- Co-Q10
- Zinc
- L-Glutamine
- Cabbage Juice
- Linoleic Acid
- Celery
- Cucumber
- Kale
- Peppermint
- Ginger

Seasonal Allergies

- Probiotics
- Quercetin
- Apple Cider Vinegar
- Turmeric
- Honey
- Saline nasal rinse
- Omega-3 Fatty Acids
- Stinging Nettle
- Butterbar
- Peppermint

Natural Remedy Reference Guide

Ian Pickup



Natural Remedy Reference Guide:

Reviewing **Natural Remedy Reference Guide**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Natural Remedy Reference Guide**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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