

Alternative Medicine Recipes

Freehomeremedies.com

"Let food be your medicine and medicine be your food." Hippocrates

Whole Foods Home Remedies

Forget drugs, chemicals and synthetics that cost you thousands of dollars, and dangerous side-effects! Natural food remedies can be quick, tasty, convenient, and provide you with great health and beauty benefits. Not to mention they're much cheaper and safer! No complicated methods or use of exotic-sounding herbs that you can't find anywhere - just *simple 1,2,3 steps* with foods you can find in your local grocery store. If they're not in your kitchen cabinet or refrigerator already!

Use whole foods as alternative medicine for your outer and inner health. Get your children started on them as well. Advise your friends on their health woes. Find out the best practices for maintaining your long-term health! "Home Remedies Ultimate Collection – Discover the Amazing Power of Whole Foods" contains over 3, 129 whole food remedies for hundreds of disorders, beauty, skin and hair care, weight loss, anti aging, aphrodisiac and many more. It is the result of painstaking compilation from eastern, western and mid-eastern sources. For more details, please [click here](#).

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