



# Book of Proven Home Remedies and Natural Healing Secrets

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# Book of Proven Home Remedies and Natural Healing Secrets

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If you went to see your doctor every time you had a health question, you'd be broke. That's where this book comes in handy. The Book of Proven Home Remedies and Natural Healing Secrets will tell you how to combat common health problems, such as insomnia, arthritis, high blood pressure and cholesterol, and even cataracts.

In addition, you'll find plenty of practical advice on everyday health matters, too, like how to lose weight, what kind of bottled water is best, how to use and store medicines, and how to choose just the right walking shoe for you.

Best of all, you can count on this information being reliable because we spend months researching the latest, most up-to-date medical journals in order to bring the latest developments in health straight to your doorstep.

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