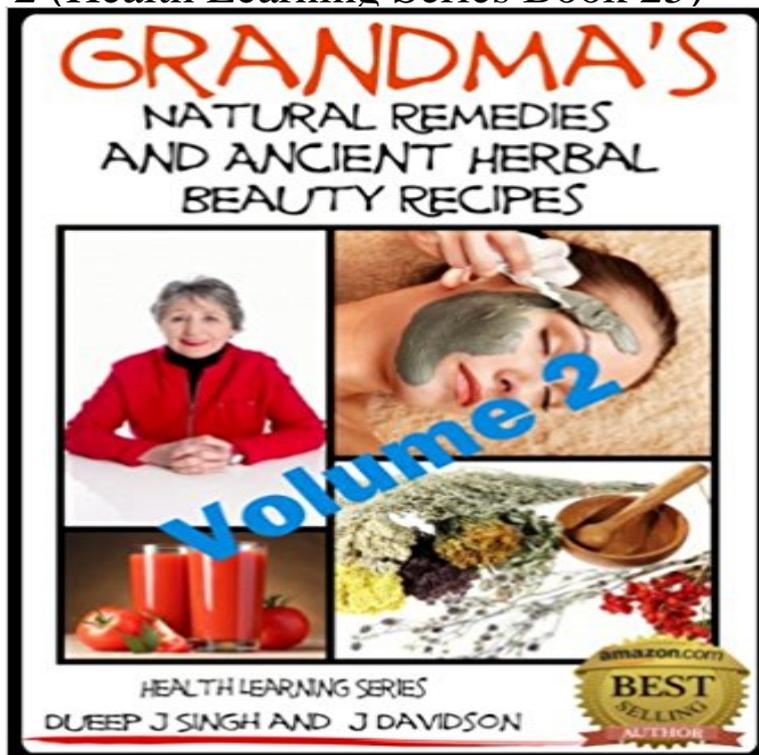


# Grandmas Natural Remedies and Ancient Herbal Beauty Recipes Volume 2 (Health Learning Series Book 25)



Grandmas Natural Remedies and Ancient Herbal Beauty Recipes Natural Remedies and Beauty Recipes From Your Kitchen And Garden Table of Contents Introduction Rules for Staying Healthy [With My Views, Opinions and Experience.] Remedies for Different Ailments Piles Hemorrhoids cream Constipation Flatulence What Is Black Salt? Migraine Oh, Those Pearlies (Tooth and mouth care) Loose gums Pyorrhea Ulcers in your mouth Drooling/Excess salivation Toothache powder Sensitive teeth The Magic Of Face Masks How to Make Your Own Personalized Face Masks? Masks for a dry skin Tomato mask What is Fullers Earth? Orange mask Masks for an oily skin Honey mask. Cucumber mask Appendix: How to make salty lassi to prevent dehydration in summer Mattha spicy lassi Recipe- How to make jalebis dripping in sugar syrup How to make Desi Ghee (clarified butter). How to make Rose water (Gulab Jal) Conclusion Author Bio Introduction Somebody asked me once why I did not become a doctor and then join the Defense Services as a Doctor like the majority of my family members? Here was I with an easily obtained Degree in Natural Sciences and all my knowledge -garnered during a peripatetic childhood and youth-about natural remedies, ancient medicine and natural healing processes. The medical or the engineering fields were the only options left for good students, during the time I was at University. And I give them my stock answer, which I consider logical and sensible, If I become a doctor, I will be giving my patients chemical-based medicine, and I will just be curing their bodies. On the other hand, if I stick to my habit of learning more about natural remedies and ancient remedies, I will be curing their bodies, as well as fighting the disease from the root onwards. My grandmother had learned about natural

remedies and beauty recipes from her grandmother, and this wisdom was passed down the ages, from mother to daughter. For millenniums, every mother in every ancient civilization taught her daughters the rudimentary art of survival and staying beautiful and youthful with fruits, vegetables, spices, and herbs. This is now considered to be alternative medicine by doctors in the West. But this was the medicine with which people survived through centuries and stayed healthy. So if you believe in natural remedies, and naturopathic treatments, the cures are right around you. But many of us would rather go to a doctor and get some expensive medicine. The side effect of that medicine is going to be that some other part of our system is going to get affected. After that we go back to the doctor again and get some medicine to treat that side effect. That medicine produces another side effect. This is going to be your way of living for the rest of your life. However, if you eat natural medicines, you are never going to suffer from any sort of side effects. That is because natural products are more tuned to your bodys systems and natural needs, than chemical drugs are. Say no to chemical drugs as far as possible For all those who have read Lloyd C Douglas Magnificent Obsession and liked it, Mr. Douglas had some more words spoken by another of his popular characters, in Disputed Passage. That doctor said something on the lines of it is not our duty to just cure the body. We have to cure the mind and spirit too and heal them, much to the disgust of doctor Tubby Forrester, who considered every human to be a machine which needed to be put right, and where did emotions and spirit and soul come into this curing process? At the end of the story, Dr. Forrester had to accept the fact that human beings had to be treated by doctors who understood their psychological, mental, spiritual and emotional makeup. Unfortunately, this is not being done today, because doctors are harried, and have to see a number of patients till the end of a day.

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