



# Simple Natural Cures: Cheap & Effective Remedies for Everyday Common Ailments

*Kevin Richardson*

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## **Simple Natural Cures: Cheap & Effective Remedies for Everyday Common Ailments** Kevin Richardson

What If You Never Needed A Doctor A Day In Your Life Ever Again?

Health care can be expensive, especially if you don't have a decent health plan. Every time we fall ill, we're forced to spend our hard-earned money on consultation fees, prescription medicines, and in more severe cases, treatments that take a toll on both our body and our wallets.

But what if there were more cost effective solutions that worked just as well, if not better than a trip to the doctor's? What if you could save hundreds, or even thousands of dollars every year because you didn't need to see a doctor?

That's what "Simple Natural Cures" is all about.

This book reveals everything you'll ever need to know about all-natural remedies that you can use to alleviate the everyday ailments that keep you from living your life to the fullest.

Inside, you'll find tips on all-natural remedies for:

### Fevers

- Did you know that the humble lemon is actually the perfect remedy for curing fever? But you won't believe what the best lemon fever remedy involves (hint: it has nothing to do with making a lemon drink)
- A lot of people are aware of the age old "bath remedy" that's supposed to help bring down the temperature of a fevered body. But what they don't know is that they're missing one key ingredient...

### Headaches

- Coffee can be a great perk-me-up, but it can also be a great cure for headaches. Most headaches are caused by the constriction of blood in the head, and coffee helps thin the blood so it's able to flow freely throughout our body...
- Hot peppers are also a great remedy for headaches (don't worry, you won't have to eat any actual peppers...)

### Common Cold

- A 2007 study conducted at the University of Connecticut revealed that one particular herb extract not only helps prevent colds, but also dramatically shortens the time needed for a patient to recover.
- This simple root has been used for millennia to cure colds. Find out how you can use it to end your sniffles for good

### Cough

- This one common kitchen ingredient can put a stop to your coughing fits (hint: it's a seasoning that you use for summer foods)
- Did you know that almonds can help relieve coughs? It's one of the few less commonly known cough relievers that was used in ancient times. Learn the best way to cure your coughs with this special nut

## Eczema

- Probiotics are known to improve intestinal function and help fight bacteria that causes diarrhea... but did you know that they also make a great cure for eczema?
- Small changes to your diet can have a dramatic effect on your eczema. Here's what you need to know before you start making those small changes to what you eat...

And much, much more!

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