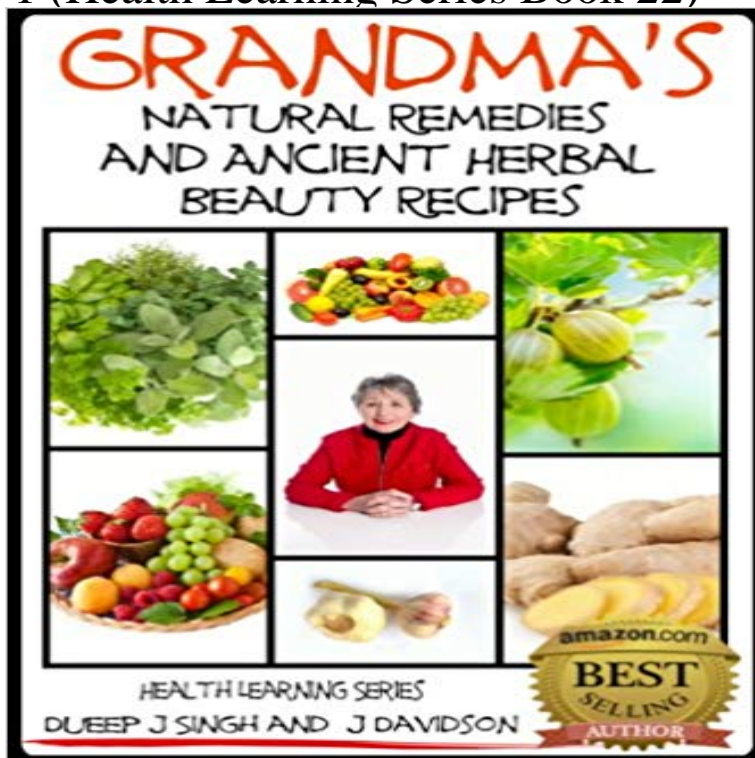


# Grandmas Natural Remedies and Ancient Herbal Beauty Recipes Volume 1 (Health Learning Series Book 22)



Grandmas Natural Remedies and Ancient Herbal Beauty Recipes Table of Contents Introduction Mondays Child Is Fair of Face The Healing Power of Infused Oil Remedies for winter- Chilblains Sciatica Stiff Joints Quit your Bellyachin! Simple Perfumed Ointments Natural Cures For Summer Ailments Appendix Introduction A couple of years ago, somebody asked me what made me so interested in herbal remedies and natural cures as well as natural beauty recipes? That is when I told him that the wisdom of the ancients had not been garnered together, and would be lost as the generations forgot about asking their old wise ancestors, the Lore which they knew. So I was seven years old, when I decided to myself that I needed to know everything about what my grandmother had learned from her grandmother. And I started writing those ancient natural remedies and beauty recipes down. More than three decades later, I started writing books on natural remedies and natural herbal recipes, which I collected, whenever I went around the countryside. People used to go around looking at the places to visit; I used to go around asking for the oldies of the village who would give me herbal remedies and recipes. In around 30 years, I collected thousands of these recipes, which were and are still being used by villagers and townsfolk and which have been given to them down the ages. And they work, because all the ingredients are natural. And also, the genetic makeup of hard-working people living in an unpolluted atmosphere helped in keeping them healthy. So they did not have to go running to a doctor whenever they caught a sniffle. They knew the easiest herbal tisane in which would put them straight in a couple of days. Now, I spent my childhood and youth in jungles as well as in remote areas in all corners of the compass, where nobody believed in medicines, and sometimes medical access for serious cases was able only through air

lifting by a helicopter but everybody believed in the power of nature and her curative properties. Also, plenty of exercise, a good and healthy diet and grandmas natural remedies kept us healthy and happy. And the funny thing is that the only times we got sick with measles, mumps, and chickenpox was when we came down from the mountains to the cities and the towns during our annual vacations. The moment we got back into the healthy atmosphere of the mountains, with plenty of fresh air, plenty of fruit and drink and plenty of opportunities to create lots of childish mischief and mayhem, we were content and happy children again. We never knew that there were medicines which you needed to pop to keep healthy. Is not this the natural trend of the 21st century civilized person? You have lost your faith in natural remedies to keep you healthy. You would rather buy something expensive, which is being endorsed by your favorite star. I am certain she never uses that medicine herself, because it is made up of chemicals. These chemicals are going to have a harmful after effect on your body. The first thing you do when you wake up is take some vitamins with your breakfast. After that, you take some vitamins or pills to pep you up. Then you take the medicines prescribed to you by a doctor. Count the times you take some sort of medicine in the shape of a pill, vitamin, and drug throughout the day. And then can you believe someone who has not been to see a doctor for the last 30 years? There are plenty of octogenarians in our area who believe in natural remedies and good diets to keep them healthy. They are all grandpas and grandmas. They do not coddle themselves with pills and medicines.

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