



# The Home Remedies Handbook: 100s of Solutions to Common Ailments (Signet)

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From hundreds of doctors, dentists, and other healthcare professionals, here are a thousand ways to heal yourself at home. Included are easy-to-follow remedies and coping techniques for colds, warts, toothaches, insomnia, aching feet, and a host of other conditions. 100 illustrations throughout.



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