

Home Remedies

for easy application to heal and allay

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A treasure in every home remedy kit!

We can find the ingredients in everyone's kitchen or spice cabinet, preparations are quick and simple and their applications proved effective throughout generations: These are our home remedies. While undisputed for minor aches and pains, we often times don't remember them from the top of our heads. Many don't know that a vast majority of home remedies and their effects are scientifically comprehensible, based on **phytochemicals, salt** or **pH-value**: Onion-honey for sore throats, vinegar wet pack for fever or quark compress against inflammation. Home remedies are inexpensive and swiftly available. Their recipes are easy to replicate, short and described in detail—dosage, preparation and application adapted for any required effect.

Home Remedies by Karin Buchart features 450 recipes covering 40 different fields of application.

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400 pages

About the Author

Dr. Karin Buchart, born 1963, lecturer at the University of Salzburg and foundress of the "TEH Akademie", which is dealing with traditional European medicine. For many years, she has been studying herbal and healing plants, as well as collecting traditional medical knowledge. The professional nutritionist is married with two daughters and lives in Salzburg, Austria. More info about the author: buchart.at.

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