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Rodale's Encyclopedia of Natural Home Remedies: Hundreds of Simple Healing Techniques for Everyday Illness and Emergencies

Mark Bricklin

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Today's home remedies reflect the tenor of our own time, with its high regard for good nutrition, good living habits and good medical care, along with an appreciation of the importance of individual differences, safety in all remedies (medical and non-medical) and – yes – convenience, too. They also reflect our refusal to believe in either infallible cures or pronouncements that "nothing can be done." All in all, a very healthy attitude. The remedies included in this book are limited to those that can be employed in the home, using substances likely to be kept on hand or that can be easily obtained. Excluded are many healing techniques that are "natural" but not easily used at home without special training, such as acupuncture, biofeedback, hypnotherapy and the like. The book draws almost entirely on anecdotal information. Natural home remedies make no pretense of special credibility, nor do they put themselves forward as a substitute for medically derived information – let alone medical care. Rather, they *complement* these more scientific and professional approaches, adding a new and valuable dimension to the total picture of health resources.

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