

1001 Health Tips

• How to read a prescription • How to relieve an earache • The natural way to stop a migraine headache • How you can detect your food allergies • Easing a burned tongue with sugar • Reducing eye puffiness • Medicating a bottle-fed baby • Why stretch gloves can help arthritic hands • Three steps to eliminate lower back pain • How to minimize jet lag

Lawrence Galton

*Coauthor of *The Complete Medical Guide**

1001 Health Tips

Reader's Digest Association



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1001 Health Tips Lawrence Galton,1984 *One Thousand One Health Tips* Lawrence Galton,1984-04 **1,001 Home Remedies** Mary Rose Quigg,2022-01-18 Simple practical and inspiring tips recipes and wellness advice This practical and inspiring little book offers over 1 000 wellness tips for boosting your immune system caring for burns and wounds improving your complexion reducing stress and much more Find simple and effective home remedies such as To relieve a dry irritating cough to 1 3 pt 200ml boiling water add the juice of 1 lemon 2 tsp honey tsp cinnamon 1 clove garlic and a sprig of rosemary Stir well cover and leave for 15 mins Strain and sip slowly To relieve eczema steep ounce 13 grams chamomile flowers in 1 pint 600 milliliters boiling water for 20 minutes and add to a bath To relieve tension in the upper body sit cross legged block the ears with your fingers Breathe in then breathe out making a humming sound to lengthen the exhalation Repeat 10 times before going to bed To remove makeup coat the fingers with almond sunflower or avocado oil and spread evenly over the face and neck Remove the oil with tissues Saturate a black tea bag with warm water Press over clean lips for 5 minutes Repeat if desired Black tea is high in tannic acid retains moisture and keeps lips smooth and taut To give hair a shine mash an over ripe banana combine with 3 drops of almond oil Massage into dry hair leave on for 15 minutes Shampoo as usual Many of the hints found here are the product of tradition passed from one generation to another They cover advice on care of the body from head to toe a common sense approach to first aid and using medicines recipes for non toxic cleaning solutions ways to alleviate common ailments with ingredients you probably already have on hand and more **Weekly World News** ,2000-03-28 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub [www weeklyworldnews com](http://www.weeklyworldnews.com) is a leading entertainment news site **Weekly World News** ,1994-09-13 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub www weeklyworldnews com is a leading entertainment news site Weekly World News ,1998-12-08 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub www weeklyworldnews com is a leading entertainment news site *Household Hints and Handy Tips* Reader's Digest,Brenda Jackson,Ronald L McDonald,Robert Dolezal,1995 A handbook for everyday life with more than 4 000 time saving and cost saving tips for the home Its pages are packed with shortcuts practical advice ingenious ideas how to information and more than 1 000 illustrations Includes over 70 how to projects accompanied by step by step illustrations and more than 275 special features **Weekly World News** ,1985-05-14 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub www weeklyworldnews com is a leading entertainment news site **The Reader's Digest** DeWitt Wallace,Lila Acheson Wallace,1984 The Book of 1001 Home Health Remedies (practical Healing Tips Anyone Can Use at

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In a world inundated with monitors and the cacophony of immediate connection, the profound power and psychological resonance of verbal beauty often disappear into obscurity, eclipsed by the continuous barrage of sound and distractions. Yet, situated within the musical pages of **1001 Health Tips**, a fascinating perform of literary splendor that pulses with natural thoughts, lies an unforgettable trip waiting to be embarked upon. Published by a virtuoso wordsmith, this magical opus books visitors on a psychological odyssey, gently revealing the latent possible and profound affect embedded within the complicated internet of language. Within the heart-wrenching expanse of the evocative analysis, we shall embark upon an introspective exploration of the book is central styles, dissect its charming publishing model, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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