

# **NATURAL REMEDIES**

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**"Nothing is lost, nothing is  
created, everything is  
transformed" Antoine LAVOISIER**

# PREFACE

We are living in the technological era. The same technology that allows us to heal illnesses and other common problems more easily overwhelms us with its side effects. We love technology and are fascinated by it, but the ability to solve health problems with natural products is priceless.

We must turn towards natural products, which are abundantly available for our greatest satisfaction. There is a multitude of chronic diseases that have been reported as cured by natural remedies. Whether you suffer from fever, acne, the flu, skin or beauty problems, digestion, obesity, lack of tonus or sexual vigour, nature has provided everything to relieve you.

Similarly, when you are in need of positive energy, a solution for the cleaning and maintenance of household objects or goods, or recipes for well-being, Mother Nature is there to unveil her secrets.

This compendium of household remedies has a humanitarian purpose. It assembles a large number of remedies for the most common diseases with easily accessible natural products. Their use will without any doubt provide relief for the problems you encounter. So, don't hesitate: read this and start feeling better!

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#### **IMPORTANT NOTE**

**To my dear readers**

**My other books**

**THE AUTHOR**



**I-LEMON-BASED REMEDIES**

## 1-Treatment of sinusitis by lemon

**Products:** Lemon

### **Treatment:**

To cure sinusitis, put 5 drops of lemon juice in your nostrils morning and evening for 7 days.

### **Effect:**

- Stinging sensation in the respiratory tract.
- Can be unpleasant but allows you to decongest the respiratory tract and sinuses. A significant quantity of mucus may be brought up.

