



# Home Remedies

*Sonica Krishnan*

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## **Home Remedies** Sonica Krishnan

Sometimes the best place to look for a remedy to your ailment is in your kitchen. Home remedies or natural cures derived from natural ingredients such as fruits, vegetables and herbs have been a part of our lives for generations knowledge that has been passed down through the ages. Over time, however, much of this wisdom has unfortunately been lost. Now, this comprehensive guide brings together simple treatments which involve no chemicals or side effects and are inexpensive for a range of ailments, from hair loss to acne, from pains to cuts and burns. In this compilation of home remedies to prevent and treat common ailments, sonica krishnan lists one hundred common diseases, a brief description of their symptoms and how they can be cured. It also details how people can use these methods in their everyday lives to stay fit and healthy. Some of them may also prevent more serious diseases in the long run.

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