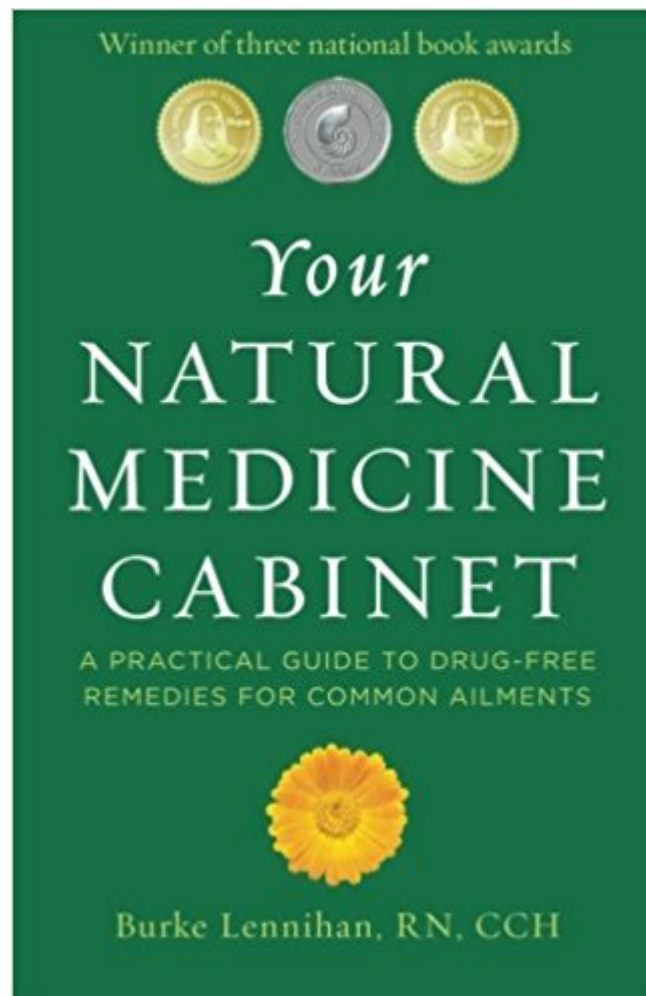




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# Your Natural Medicine Cabinet: A Practical Guide To Drug-Free Remedies For Common Ailments



## Synopsis

In an engaging, entertaining style, *Your Natural Medicine Cabinet* makes it easy to find the latest cutting-edge information on healing over 100 common ailments with fast-acting natural products. Ideal for families, busy households, and anyone interested in natural alternatives for themselves and their children, it offers essential resources in a concise, user-friendly format. This easy-to-understand guide covers everything from acid reflux, flu, and insomnia to earaches, constipation, and emotional first aid. It also provides a resource guide (the best books, websites and YouTube videos) to address the core conditions underlying common ailments. The author shows how to use supplements, superfoods, and medicinal herbs as well as homeopathy, cell salts, and Bach flower remedies plus giving tips for healthy eating and lifestyle. This indispensable new resource is based on the author's expert experience as an owner of a successful health food store and as a holistic health professional at the Lydian Center for Innovative Medicine in Cambridge, Mass. A Harvard alumna, Burke Lennihan lectures at Harvard University's Center for Wellness, Massachusetts College of Pharmacy, and Lesley University.

## Book Information

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## Customer Reviews

"Your Natural Medicine Cabinet is spot on with the most effective natural remedies that will help to heal and soothe everyday ailments. ... This is one gem of a book that I wouldn't hesitate to recommend to all drug-free solution seekers." -- Ann Louise Gittleman, PhD, CNS, New York Times bestselling author of 30 books on natural healing  
"This treasure trove of practical remedies is so well-written and understandable that it will appeal to a wide audience. Lennihan's

years of experience and her knowledge of the literature that evaluates holistic approaches makes this a perfect addition to one's home library." -- Judy Norsigian, Æ Æ bestselling author of *Our Bodies, Ourselves* "What bursts with common sense, vital information and is a comfort to have nearby? Burke Lennihan's splendid reference, *Your Natural Medicine Cabinet*. Reach for it when a stomach aches, nerves frazzle or any of dozens of other ailments crop up. This indispensable guide Æ Æ may spare you or your child a visit to the doctor or a trip to the hospital. Cheerfully crammed with practical tidbits of natural healing lore, it Æ Æ belongs in every home." Æ Æ

-- Æ Æ Jerry Kantor, LicAc, CCH, Director, Vital Force Health Care and Teaching Associate, Department of Anaesthesiology, Harvard Medical School "It Æ Æ has quickly become our top recommendation, the 'go-to book' for folks who want to know more about healing themselves. Packed with information, this book is a very enjoyable read. As a certified nutritionist and the owner of a health food store for nearly 40 years, I am truly impressed with Burke Lennihan's book and recommend it to our customers for the quick, easy-to-access, and vital information she puts out for her readers." -- Æ Æ Elizabeth Stagl, CN, MS NutSci, co-owner of Cambridge Naturals, Cambridge, Mass. "A tried-and-true natural medicine expert has pulled together a wealth of information anyone can easily understand and implement. This book is a treasure of resources you will be glad you have when illness strikes or you just want to be the healthiest you can be." -- June Riedlinger Shibley, RPh, PharmD, ND, former director of the Center for Integrative Therapies, Æ Æ Mass. College of Pharmacy "A super user-friendly introduction to the best and safest natural remedies that should be in everyone's medicine cabinet." -- Dana Ullman, author of 10 books on natural healing

Burke Lennihan, RN, a graduate of Harvard University, is a featured Health Expert on Dr. Mehmet Oz's ShareCare.com. She spent 15 years running a natural food store before becoming a holistic health care professional at the Lydian Center for Innovative Medicine in Cambridge, Mass. She has helped thousands of people with the natural remedies described in this book and has empowered thousands more to use them for home care, through classes and her TV show *A Healer In Every Home* (available on the GreenHealingTV channel on YouTube).

I collect books like this, and *Your Natural Medicine Cabinet* is my new favorite, the one I turn to first. It's easy to find the information and the book is actually a pleasure to read. It's the only reference book I've found on natural healing that you could sit down and read from cover to cover. The only limitation - and the author is upfront about it - is that it does not try to be encyclopedic. She says she is trying to keep the book manageable and not overwhelming. She gives just one page of

suggestions for each health condition. A bigger and more comprehensive will have more information, but for some people - especially people new to natural healing - it can be hard to decide where to start when you have too many recommendations. Even though it is presented as an introductory book, it has quite a few suggestions that I have never come across, even though I have been studying natural healing on my own for 20 years now. Most books like this cover supplements, herbs and diet. A few add in homeopathy, flower essences and cell salts. Your Natural Medicine Cabinet includes these approaches plus it even has tips from chiropractors, craniosacral practitioners and acupuncturists that are suitable for home care. It also tells you where to go for more information. It has lots of recommendations for books, websites, and YouTube videos. I recommend this book if you are new to natural healing. If you are already knowledgeable, I would get it anyway, because you'll pick up some useful tips. Also this book makes an ideal gift when you're trying to introduce friends and family to natural healing, because it's so much fun to read.

What a treasure trove of tips and resources! This book reads like your best friend is an expert on health and natural remedies, and she is sitting at your kitchen table sharing ideas and tips and telling stories based on her experiences with clients and colleagues. She speaks conversationally, with asides and funny remarks. She mentions books, web sites and other resources. You come away totally inspired about creating the best health possible for yourself and your family. I read it cover to cover, including all of the 60 conditions, because I didn't want to miss anything. There is much new to me, even though I've used integrated health care with natural and "alternative" methods for more than 20 years. P.S. This is a new, retitled and expanded (twice as long) version of A Healer in Every Home by same author. She also wrote a dog & cat edition of A Healer in Every Home.

I am really excited to dig into this, as treating something naturally is always my first choice. Too many doctors like to push the pills first. UGH. This book covers a huge variety of health issues.

This book is exactly what I needed for a reference guide to natural remedies. The book covers a great many conditions and gives excellent advice on how to treat them. The descriptions of the homeopathic remedies and how to use them is especially helpful. The author also gives reference to many books and websites to direct readers to experts in nutrition, lifestyle, brain health, energy medicine ...pretty much every resource needed for optimal health. This is the first book I turn to for practical remedies and I love it so much that I gave three copies to family members!

Book was not brand new. There are indentations on the front of the book and also pages with creases. The book also is a different version than the one pictured. Overall unhappy with this purchase.

Once again I added this delightful addition to my well stocked homeopathic book shelves. It is an absolute delight to have and makes a wonderful gift.

Covers homeopathy, biochemical cell salts, nutrition, etc. I purchased this as a gift for my daughter in law, and then another for myself. Especially helpful for those who are not sure where to start with alternative choices for health issues. We jumped in specifically for baby issues, colic, teething etc. Also contains some specific information regarding the difference between cell salts and homeopathy. Overall a must have for anyone into natural healing.

A lot of info but I definitely use this.

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