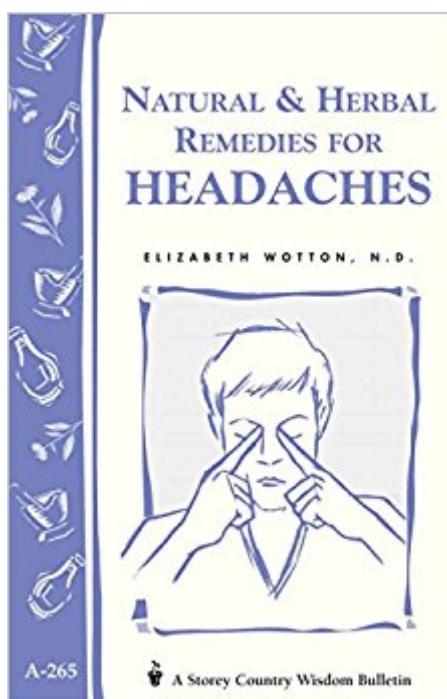


The book was found

# **Natural & Herbal Remedies For Headaches: Storey's Country Wisdom Bulletin A-265 (Storey Country Wisdom Bulletin, A-265)**



## Synopsis

Headaches, which range from mere annoyance to debilitating pain, are the most common health complaint in North America. Over-the-counter medications offer only temporary relief, and prescription drugs can cause serious side effects. Wouldn't you love to know how to treat - and prevent - your headaches effectively, safely, and naturally? In *Natural & Herbal Remedies for Headaches*, Elizabeth Wotton, a licensed naturopathic physician, explains the nature of headaches and offers all-natural preventives and treatments. She'll teach you how to: Figure out what kind of headache you're having; identify what's triggering your headaches; supplement your diet with headache-fighting nutrients; use soothing herbal teas, tinctures, and baths to feel better fast; banish headaches from your life!

## Book Information

Series: Storey Country Wisdom Bulletin, a-265 (Book 265)

Paperback: 32 pages

Publisher: Storey Publishing, LLC (February 15, 2001)

Language: English

ISBN-10: 1580173497

ISBN-13: 978-1580173490

Product Dimensions: 5.5 x 0.1 x 8.4 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 2.4 out of 5 stars 2 customer reviews

Best Sellers Rank: #2,407,679 in Books (See Top 100 in Books) #51 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches #1416 in Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy #1512 in Books > Health, Fitness & Dieting > Alternative Medicine > Aromatherapy

## Customer Reviews

Headaches, which range from mere annoyance to debilitating pain, are the most common health complaint in North America. Over-the-counter medications offer only temporary relief, and prescription drugs can cause serious side effects. Wouldn't you love to know how to treat - and prevent - your headaches effectively, safely, and naturally? In *Natural & Herbal Remedies for Headaches*, Elizabeth Wotton, a licensed naturopathic physician, explains the nature of headaches and offers all-natural preventives and treatments. She'll teach you how to: Figure out what kind of headache you're having; identify what's triggering your headaches; supplement your

diet with headache-fighting nutrientsUse soothing herbal teas, tinctures, and baths to feel better fastBanish headaches from your life!

Elizabeth Wotton, N.D., is a naturopathic physician and midwife specializing in women's health, pediatrics, and complementary cancer care. She lives in eastern Massachusetts.

Smaller than I expected but has a lot of good, practical information. Bought it for my teen that has a variety of headache types.

Doesn't work

[Download to continue reading...](#)

Natural & Herbal Remedies for Headaches: Storey's Country Wisdom Bulletin A-265 (Storey Country Wisdom Bulletin, a-265) Herbal Antibiotics: 25 Best Herbal Remedies Way To Heal Yourself Faster (Herbal Antibiotics, Herbal Remedies,herbal antibiotics and antivirals) Making Natural Milk Soap: Storey's Country Wisdom Bulletin A-199 (Storey Country Wisdom Bulletin, a-199) Pruning Trees, Shrubs & Vines: Storey's Country Wisdom Bulletin A-54 (Storey Country Wisdom Bulletin) Improving Your Soil: Storey's Country Wisdom Bulletin A-202 (Storey Country Wisdom Bulletin) Grafting Fruit Trees: Storey's Country Wisdom Bulletin A-35 (Storey Country Wisdom Bulletin) Controlling Garden Weeds: Storey's Country Wisdom Bulletin A-171 (Storey Country Wisdom Bulletin) Creating a Wildflower Meadow: Storey's Country Wisdom Bulletin A-102 (Storey Country Wisdom Bulletin) Easy-to-Build Adirondack Furniture: Storey's Country Wisdom Bulletin A-216 (Storey Country Wisdom Bulletin) What to Do When the Power Fails: Storey's Country Wisdom Bulletin A-191 (Storey Country Wisdom Bulletin) Raising Game Birds: Storey's Country Wisdom Bulletin A-93 (Storey Country Wisdom Bulletin) Hoof Care for Horses: (Storey's Country Wisdom Bulletin A-277) (Storey Country Wisdom Bulletin) Trailer-Training Your Horse: Storey's Country Wisdom Bulletin A-279 (Storey Country Wisdom Bulletin, a-279) Making Cheese, Butter & Yogurt: (Storey's Country Wisdom Bulletin A-283) (Storey Country Wisdom Bulletin) Food Drying Techniques: Storey's Country Wisdom Bulletin A-197 (Storey Country Wisdom Bulletin) Grow the Best Strawberries: Storey's Country Wisdom Bulletin A-190 (Storey Country Wisdom Bulletin, a-190) HERBAL ANTIBIOTICS: 56 Homemade Holistic Herbal Remedies to Help Prevent, Treat, And Heal Illnesses Naturally (Herbal Antibiotics, Herbal Remedies) Natural Antibiotics And Antivirals: The Complete Guide To Homemade Natural Herbal Remedies To Prevent And Cure Infections and Allergies (Home Remedies, Herbal Remedies, Organic Antibiotics) Natural & Herbal

Remedies for Carpal Tunnel Syndrome: Storey Country Wisdom Bulletin A-245 Gardening in Clay Soil: Storey's Country Wisdom Bulletin A-140 (Storey Publishing Bulletin)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)