



# The Handbook of Vintage Remedies

*Jessie Hawkins*

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## **The Handbook of Vintage Remedies** Jessie Hawkins

Revised and updated Second Edition now available! Master Herbalist, Jessie Hawkins, opens the world of natural medicine, making it readily available to the average family through The Handbook of Vintage Remedies. Throughout this book, Jessie covers over 90 common health concerns faced by modern families and 35 of the most commonly used herbal remedies, as well as practical safety guidelines about using natural remedies at home, and valuable formulas and recipes for putting herbs to use in the home. Tips on setting up a natural medicine chest, changing the family to a healthier diet and boosting immunity are also featured. Jessie's holistic approach covers nutritional, lifestyle, herbal and other natural therapies with a focus on evidence based care. Each health concern also includes information on preventative care and when to seek professional medical treatment.

## **The Handbook of Vintage Remedies Details**

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Author : Jessie Hawkins

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### **April Emery says**

My go-to resource for get-well remedies and prevention methods. Changed my life.

This book is the same price on Amazon as it is buying directly from Vintage Remedies so support small businesses and [click here to buy from the Vintage Remedies store](#)

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### **Kate says**

Great info!...very handy when you have children!

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### **Mamafeelgood says**

I really like reading this and will be using it as a reference

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### **Rachel says**

Great tips for those looking for a healthier way to live.

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### **Lea says**

Great resource for herbal health care. Lists common ailments, what they are, prevention and treatment. Also a list of herbs and information about each. There is a lot of general information about herbal medicine and lifestyle without making you feel bad about how you are living.

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