

# 123 Trusted Recipes For Common Concerns: From Allergies and Asthma to Sunburns

## A Comprehensive Guide to Natural Remedies for Common Ailments

123 Trusted Recipes For Common Concerns: From Allergies and Asthma to Sunburns is a comprehensive guide to natural remedies for common ailments. With 123 easy-to-follow recipes, this book provides safe and effective solutions for a wide range of health concerns.

Whether you're looking for ways to relieve allergies, soothe asthma attacks, or heal sunburns, this book has a recipe for you. The recipes are all made with natural ingredients, so you can be sure that they're safe and effective.



### Medicinal Herbs for Family Health and Wellness: 123 Trusted Recipes for Common Concerns, from Allergies and Asthma to Sunburns and Toothaches by JJ Pursell

★★★★☆ 4.3 out of 5

Language : English  
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Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 264 pages  
Lending : Enabled  
Screen Reader : Supported

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In addition to the recipes, this book also includes information on the causes and symptoms of common ailments, as well as tips for preventing them.

With this book, you'll have everything you need to take control of your health and well-being.

### **Recipes for Allergies**

- Nettle tea to reduce inflammation and relieve allergy symptoms
- Quercetin supplement to inhibit the release of histamine
- Butterbur extract to prevent and reduce allergy attacks
- Local honey to desensitize to local allergens
- Probiotics to support a healthy gut microbiome and reduce inflammation

### **Recipes for Asthma**

- Ginger tea to reduce inflammation and open airways
- Eucalyptus oil to relieve congestion and improve breathing
- Magnesium supplements to relax muscles and reduce airway spasms
- Quercetin supplement to inhibit the release of histamine
- Bromelain supplement to reduce inflammation and improve lung function

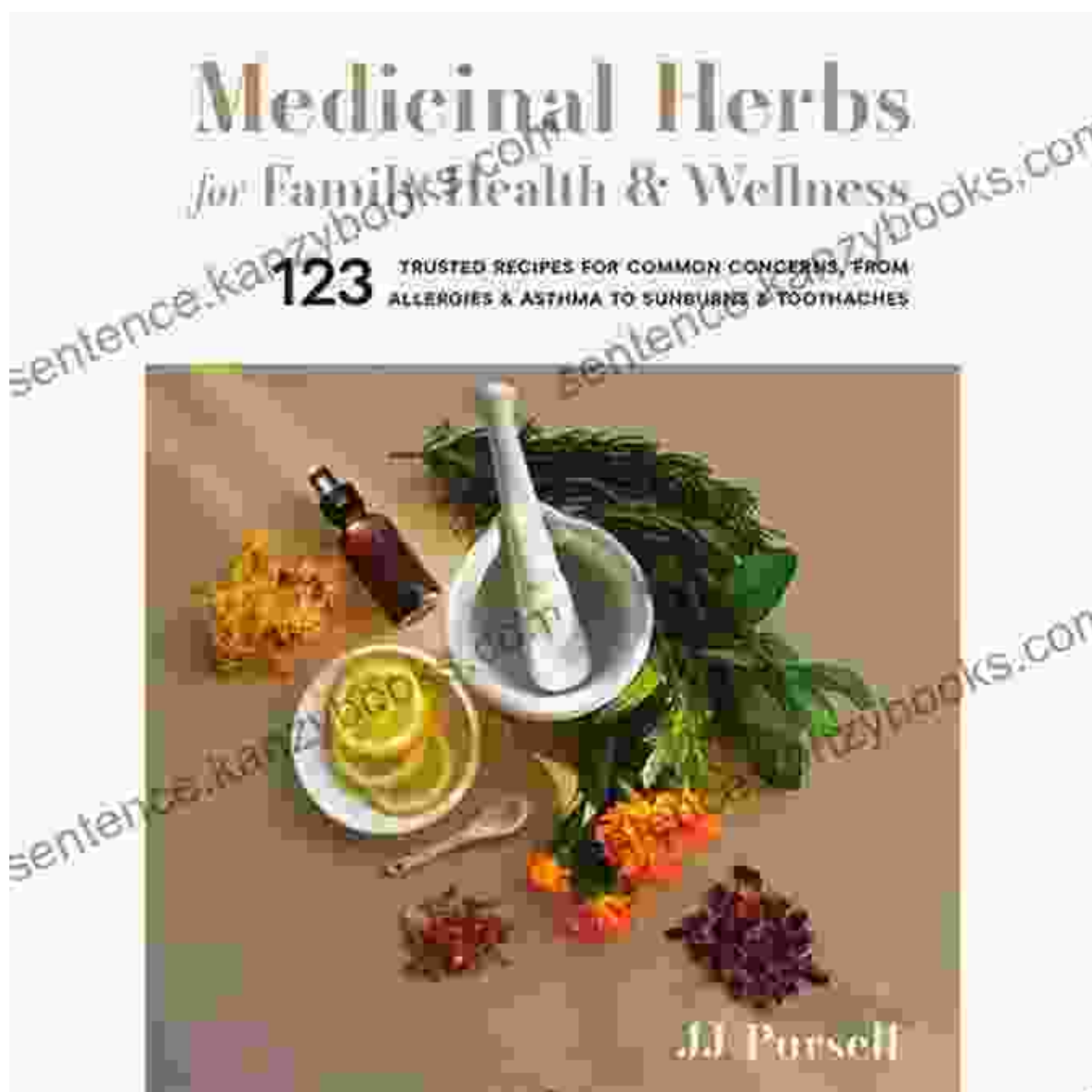
### **Recipes for Sunburns**

- Aloe vera gel to soothe and cool the skin
- Chamomile tea to reduce inflammation and pain
- Green tea extract to protect the skin from further damage
- Lavender oil to promote relaxation and healing

- Coconut oil to moisturize and protect the skin

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