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## Kitchen Clinic

By Editorial Board of Pustak Mahal

V & S Publishers, New Delhi, India. Softcover. Book Condition: New. Traditional herbal remedies have always been valued since time immemorial. Herbal remedies have been known to cure almost everything, right from spasm to heart diseases and that too without any post-medication blues. This book outlines the healing and curative properties of medicinal plants which are easily available all over the country. While the written records of this system of natural healthcare date back to almost 5000 years, it has of late also been recognized by the World Health Organization, as an effective complementary health system. It has been observed that about 30% ingredients of all allopathic medicines and 100% of Ayurvedic, Unani and homeopathy medicines come from plants. As is evident from the scenario, herbal cure is getting worldwide acceptance resulting in greater emphasis on modern scientific evaluation/extraction of medicines from plants. The book highlights herbal cures and treatments which can effectively prepared in your kitchen. Some of the disorders that can be effectively treated with herbal compounds are: \*Urinary, Liver, Heart, Skin diseases. \*Sexual and related problems. \*Mental diseases. \*Gastro-intestinal abnormalities. \*Plant foods & their nutritive values. Printed Pages: 150.



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