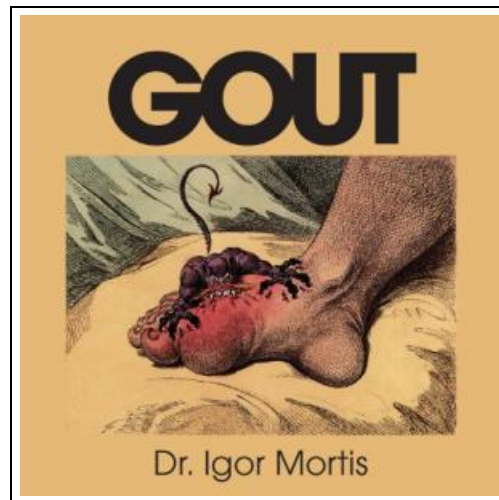


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Legend Press Ltd, United Kingdom, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A small book stressing the importance of the part Diet does play in causing most arthritic pains. It also deals with certain points gained from experience which ought to be useful both to doctors and patients, for example, how to treat Shingles, early, and have no pain. Though many of the recommendations are perhaps old-fashioned, they are still in use because they have been found to be useful. That after all is the benefit of experience. What the ignorant and most doctors and nurses do not know is that there is an optimum position for burping. Babies should always be burped on the right shoulder which allows the gas to escape. On the left shoulder the infant will vomit. Beaver Fever is well known in the Canadian Rockies. And, again in the Himalayas. Those clear mountain streams are not, as supposed, filled with pure water but are Nature s lavatory. Brittle, Dry Nails: These are always improved by painting them daily or, when possible, with Almond Oil. Stones in the Kidney may be removed usually by eating that White Radish (Saphanus Rativus L.) called Moolie, or DAIKON in Japan. Taken three times a day as a soup, steamed or raw in a salad the stones will come out within a few days. (Depending of course on how big and how long they have been there!) For this purpose it is mentioned also in Nicholas Culpeper s Herbal of 1653. Prevention of Thrombosis: Onions and garlic both contain the volatile oil Allium . This is fibrinolytic, i.e. keeps the blood thinner and reduces its ability to clot. Hence the recommended Mediterranean Diet with its olive oil and allium for vulnerable people with...



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