



# Your Natural Medicine Cabinet: A Practical Guide to Drug-Free Remedies for Common Ailments

*Burke Lennihan*

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## **Your Natural Medicine Cabinet: A Practical Guide to Drug-Free Remedies for Common Ailments**

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In an engaging, entertaining style, *Your Natural Medicine Cabinet* makes it easy to find the latest cutting-edge information on healing over 100 common ailments with fast-acting natural products. Ideal for families, busy households, and anyone interested in natural alternatives for themselves and their children, it offers essential resources in a concise, user-friendly format.

This easy-to-understand guide covers everything from acid reflux, flu, and insomnia to earaches, constipation, and emotional first aid. It also provides a resource guide (the best books, websites and YouTube videos) to address the core conditions underlying common ailments.

The author shows how to use supplements, superfoods, and medicinal herbs as well as homeopathy, cell salts, and Bach flower remedies plus giving tips for healthy eating and lifestyle.

This indispensable new resource is based on the author's expert experience as an owner of a successful health food store and as a holistic health professional at the Lydian Center for Innovative Medicine in Cambridge, Mass. A Harvard alumna, Burke Lennihan lectures at Harvard University's Center for Wellness, Massachusetts College of Pharmacy, and Lesley University.

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