

GRANDMOTHER'S CURES

An A-Z
of Herbal
Remedies



DENNIS PRINCE

Grandmothers Cures

Alberta Glass



Grandmothers Cures:

Grandma's Remedies Cherry Chappell, 2009-11-10 Long before modern medicines became so widely available families treated everyday illnesses with home made remedies Reused and refined year after year they were handed down through the generations then lovingly copied into personal receipt books Grandma s Remedies brings together a beguiling collection of them gathered from dusty medicine chests found in attics recalled from childhoods long past or discovered in family archives and libraries Many of them are surprisingly effective Did you know for example that drinking two cups of strong black coffee will alleviate an asthma attack Or that chewing toasted fennel seeds will help combat indigestion Or that rosehip syrup is a terrific source of vitamin C But Grandma s Remedies is more than a guide to these traditional treatments it also paints a vivid portrait of the world of our grandparents and great grandparents It shows how inventive and resourceful they were with the materials near to hand how they made the most of everything in the store cupboard from bread through to vinegar and how it was the women of the household who despite being barred from the medical profession were relied on to safeguard family health In these days of antibiotics and painkillers it s easy to forget how people survived when all they had to rely on was a garden a larder and a healthy dose of common sense

Your Grandmothers' Guide to Hispanic Folk Remedies & Advice Antonio Noé Zavaleta Ph.D., 2023-02-22 Are you looking to tap into the wisdom and knowledge of your Hispanic ancestors Look no further than Dr Zavaleta s new book Our Grandmothers Guide to Hispanic Folk Remedies Advice The Curandera s Household Healing Traditions of the Borderlands In this beautifully informative book you ll discover the traditional remedies and advice passed down through generations of Hispanic families From natural remedies for common ailments used by grandmothers to the cultural significance of certain ingredients this book is a treasure trove of knowledge Not only will you learn about the practical uses of these remedies but you ll also gain a deeper understanding of the cultural traditions and values that have shaped them Whether you re looking to connect with your heritage or simply want to learn about natural remedies Our Grandmothers Guide to Hispanic Folk Remedies Advice is a must read Get your copy today and start tapping into the wisdom of your ancestors

Indiana Folklore Linda Dégh, 1980-11-22 Discusses old crafts and folk skills from covered bridge building to quilting as well as the legends and lore of Indiana

Grandma's Remedies - Old Time Remedies Health Research, 1997-10

Grandma's Natural Remedies and Ancient Herbal Recipes John Davidson, 2013-05-15 Grandma s Natural Remedies and Ancient Herbal Recipes Table of Contents Introduction Grandma s Herbal Decoctions Cough Cold Cure Cramps and Joint Pain Banana diet Neem Remedy Lemon Remedy Fenugreek Cure Fenugreek Poultice Fenugreek Potato Recipe Tomato Tip Rheumatic Pain Massage oil for Rheumatism Basil Toothpaste for Keeping Your Teeth Healthy Constipation Remedy Gulqand Rose Jam How to Collect Wild Rose Petals When Is This Jam Normally Made Slow Sun Method Fungal Infections in Nails Eczema Honey and Onion Mix Hiccup Cure Conclusion Appendix Making Desi Ghee Author Bio Introduction Grandma was a great believer in natural remedies and cures She knew that herbs

and other plant products were amazingly efficient and effective in getting rid of minor ailments which would be the lot and portion of her large family That is why she used all those nostrums infusions decoctions and other herbal products which had been passed on to her by her grandma and so on down the ages So here is another collection of grandma s natural remedies and ancient herbal recipes to keep you healthy as well as beautiful All these products are easily available right in your garden or in your kitchen Best of all they have no aftereffects and they have no side effects That is because all these products are completely hundred percent natural Why are so many people going back to natural remedies and ancient herbal recipes in the 21st century That is because they have found that chemical based drugs and medicines have a short term effect They may also come accompanied with toxic effects and side effects So you are going to find yourself suffering from these long term aftereffects However that is definitely not the case when you are taking natural remedies which have been made with hundred percent natural products And that is what grandma did She gathered all the natural products available in her garden or easily available in the woods when she went rambling out gathering herbs and brought them home These were then used to cure a number of ailments Some of them seem rather drastic but you need to remember that grandma was more of an experimenter She knew that there was one product in these herbal combinations which did all the magic The rest were just filling

Grandmother Powerful Healing Herbs Alberta Glass,2011 *Love's Cure* Judith Keim,2024-08-25 Love cures all When Emmett Chambers comes to Lilac Lake to replace Dr Johnson the town s GP Dr Johnson asks Crystal owner of the Lilac Lake Caf to show him around Emmett is the son of an insufferable ambitious politician who is the reason Emmett has chosen the life of a doctor in a small town away from politics Just as the relationship between Crystal and Emmett heats up Emmett s mother finds out about it and is furious deeming Crystal unsuitable for the family during her husband s presidential campaign Hoping to allow things to cool off Crystal spends time at the Ogunquit Playhouse in Maine doing her usual summer gig as an extra in some of the plays put on there But when she s called upon to help Emmett s mother with a problem there everything changes for all of them A spinoff book from the Lilac Lake Inn series a sweet second chance small town romance Another of Judith Keim s books with strong women facing challenges and finding love and happiness along the way

China's Grandmothers Diana Lary,2022-04-21 Over the past century and a half China has experienced foreign invasion warfare political turmoil and revolution along with massive economic and technological change Through all this change there is one stable element grandmothers as child carers household managers religious devotees transmitters of culture and above all sources of love warmth and affection In this interdisciplinary and longitudinal study China s Grandmothers sheds light on the status and lives of grandmothers in China over the years from the late Qing Dynasty to the twenty first century Combining a wide range of historical and biographical materials Diana Lary explores the changes and continuities in the lives of grandmothers through revolution wars and radical upheaval to the present phase of economic growth Informed by her own experience as a grandchild and grandmother Lary offers a fresh and compelling way of looking

at gender family and aging in modern Chinese society **A Yaqui Life** Rosalio Moisäs,1991-12-01 The reminiscences of a Yaqui Indian born in 1896 in northwestern Mexico whose story begins during the Yaqui revolutionary period continues through the last uprising in 1926 and ends with his recollections of his life on a Texas farm from 1952 to 1969 The introduction by Professor Kelley adds scholarly analysis to the poignant autobiographical narrative Booklist A powerful chronicle It deserves an important place in the annals of American Indian oral history and literature Bernard L Fontana New Mexico Historical Review A valuable document about the effects of the Diaz Indian policy in Sonora on the human beings who were its object It tells the story of the social limbo created by the shattering of families and corruption of personal relations under the relentless pressures of the Yaqui deportation program Edward H Spicer Arizona and the West The nightmare world of witchcraft and dream dependence is one of the major fascinations of this strange and moving book Its understatement acquires a kind of fascinating power as does the laconic stoicism of the Yaqui himself Southern California Quarterly Jane Holden Kelley a professor of archaeology at the University of Cal gary is the author of Yaqui Women Contemporary Life Histories 1978 also a Bison Book Her father William Curry Holden a trained historian and anthropologist met the Yaqui narrator of this chronicle Rosalio Mois s in 1934 They remained close friends until Mois s s death in 1969 **Grandmothers Counsel the World** Carol Schaefer,2006-11-14 We are thirteen indigenous grandmothers We are deeply concerned with the unprecedented destruction of our Mother Earth the atrocities of war the global scourge of poverty the prevailing culture of materialism the epidemics that threaten the health of the Earth s peoples and with the destruction of indigenous ways of life We the International Council of Thirteen Indigenous Grandmothers believe that our ancestral ways of prayer peacemaking and healing are vitally needed today We believe that the teachings of our ancestors will light our way through an uncertain future In some Native American societies tribal leaders consulted a council of grandmothers before making any major decisions that would affect the whole community What if we consulted our wise women elders about the problems facing our global community today This book presents the insights and guidance of thirteen indigenous grandmothers from five continents many of whom are living legends among their own peoples The Grandmothers offer wisdom on such timely issues as nurturing our families cultivating physical and mental health and confronting violence war and poverty Also included are the reflections of Western women elders including Alice Walker Gloria Steinem Helena Norberg Hodge and Carol Moseley Brown Grandma's Natural Remedies And Ancient Recipes - How to cure a common cold and other health related remedies John Davidson,2013-05-15 Grandma s Natural Remedies And Ancient Recipes How to cure a common cold and other health related remedies Table of contents Introduction Grandma s rules For Simple Living Grandma s easy Health Remedies Wake up energy drink Benefits of the Neem Curing a cold Tasty Cold Whisky Remedy Butter Cold Syrup Gingered Lemon Drink Mustard Bath Powder Hot and Cold Water Remedy Traditional Golden Chicken Soup Remedy The Way Grandma Made It Time tested Chest Rub Vaseline Camphor Remedy Effective remedy for Catarrh Antiseptic Way To Clear

Catarrh Amazing hay fever remedy Sore throats Hoarseness recipe for children Hoarseness recipe for adults Grandma's Natural Cure for Obesity Diet program Conclusion and some general gossip Introduction In volume 3 of Grandma's Natural Remedies And Ancient Recipes you are going to get to know more about a number of different fruits and vegetables which are going to enhance your health and allow you to live long and prosper These natural remedies have come down through word of mouth from grandmother to granddaughter down the millenniums in almost all the ancient civilizations when it was the responsibility of the female of the family to make sure that her family kept healthy and survived in the times when superstition and bad hygiene was rife This is the reason why so many ancient remedies and herbal recipes were used on a day to day basis by grandma and these volumes comprise of a collection of the wisdom of the ages for all those people who believe in the power of nature to cure ailments from the root instead of looking for chemical based drugs to help cure them Remember that those were the days when ignorance was also rife and many quacks came up with nostrums potions and brews One can read about the most famous of them all the witches brew in MacBeth Grandma is not going to be putting eyes of newt and tongues of frogs in her remedies but is going to tell us about how simple fruit juices and spices can heal and cure common remedies Grandma knew all about how to remain beautiful even when she was in her 80s and 90s That is because she used the wisdom of ages passed down to her in simple rules of living Keep your family healthy the natural way

THE BOOK OF LIFE & THE FASTING CURE Upton Sinclair, 2024-01-17 In The Book of Life The Fasting Cure Upton Sinclair details a groundbreaking exploration of health diet and self improvement couched within the framework of early 20th century reformist thought Sinclair adopts a narrative style that is both engaging and didactic weaving personal anecdotes with practical advice on fasting and nutrition The book encapsulates the zeitgeist of the Progressive Era reflecting the rising interest in holistic health approaches amidst industrialization's threats to personal well being Sinclair's fervent advocacy for vegetarianism and fasting aligns with his broader thematic concerns about societal reform and individual empowerment encouraging readers to reclaim their health from an increasingly mechanized environment Upton Sinclair renowned for his fearless critique of capitalism and class disparity became an influential figure in American literature His earlier work The Jungle exposed the harsh realities of the meatpacking industry highlighting his lifelong commitment to social justice and public health Sinclair's exploration of fasting as a remedy for modern ailments stems from his own health struggles and a profound belief in the power of personal agency in the face of societal pressures This remarkable work is a must read for anyone interested in health wellness and the intertwining of personal choices with societal health Sinclair's insightful arguments and practical guidance on fasting serve not only as a path to physical well being but also as a call to consciousness about our lifestyles Readers seeking both a provocative critique of modern eating habits and a practical guide to personal health will find exquisite value in Sinclair's vision

Grandma's Natural Remedies and Ancient Herbal Beauty Recipes - Natural Remedies and Beauty Recipes From Your Kitchen And Garden John Davidson, 2013-05-15

Grandma s Natural Remedies and Ancient Herbal Beauty Recipes Natural Remedies and Beauty Recipes From Your Kitchen And Garden Table of Contents Introduction Rules for Staying Healthy With My Views Opinions and Experience Remedies for Different Ailments Piles Hemorrhoids cream Constipation Flatulence What Is Black Salt Migraine Oh Those Pearlies Tooth and mouth care Loose gums Pyorrhea Ulcers in your mouth Drooling Excess salivation Toothache powder Sensitive teeth The Magic Of Face Masks How to Make Your Own Personalized Face Masks Masks for a dry skin Tomato mask What is Fuller s Earth Orange mask Masks for an oily skin Honey mask Cucumber mask Appendix How to make salty lassi to prevent dehydration in summer Mattha spicy lassi Recipe How to make jalebis dripping in sugar syrup How to make Desi Ghee clarified butter How to make Rose water Gulab Jal Conclusion Author Bio Introduction Somebody asked me once why I did not become a doctor and then join the Defense Services as a Doctor like the majority of my family members Here was I with an easily obtained Degree in Natural Sciences and all my knowledge garnered during a peripatetic childhood and youth about natural remedies ancient medicine and natural healing processes The medical or the engineering fields were the only options left for good students during the time I was at University And I give them my stock answer which I consider logical and sensible If I become a doctor I will be giving my patients chemical based medicine and I will just be curing their bodies On the other hand if I stick to my habit of learning more about natural remedies and ancient remedies I will be curing their bodies as well as fighting the disease from the root onwards My grandmother had learned about natural remedies and beauty recipes from her grandmother and this wisdom was passed down the ages from mother to daughter For millenniums every mother in every ancient civilization taught her daughters the rudimentary art of survival and staying beautiful and youthful with fruits vegetables spices and herbs This is now considered to be alternative medicine by doctors in the West But this was the medicine with which people survived through centuries and stayed healthy So if you believe in natural remedies and naturopathic treatments the cures are right around you But many of us would rather go to a doctor and get some expensive medicine The side effect of that medicine is going to be that some other part of our system is going to get affected After that we go back to the doctor again and get some medicine to treat that side effect That medicine produces another side effect This is going to be your way of living for the rest of your life However if you eat natural medicines you are never going to suffer from any sort of side effects That is because natural products are more tuned to your body s systems and natural needs than chemical drugs are Say no to chemical drugs as far as possible For all those who have read Lloyd C Douglas Magnificent Obsession and liked it Mr Douglas had some more words spoken by another of his popular characters in Disputed Passage That doctor said something on the lines of it is not our duty to just cure the body We have to cure the mind and spirit too and heal them much to the disgust of doctor Tubby Forrester who considered every human to be a machine which needed to be put right and where did emotions and spirit and soul come into this curing process At the end of the story Dr Forrester had to accept the fact that human beings had to be treated by doctors who understood their psychological mental spiritual and

emotional makeup Unfortunately this is not being done today because doctors are harried and have to see a number of patients till the end of a day *Medical Bondage* Deirdre Cooper Owens,2017-11-15 The accomplishments of pioneering doctors such as John Peter Mettauer James Marion Sims and Nathan Bozeman are well documented It is also no secret that these nineteenth century gynecologists performed experimental caesarean sections ovariectomies and obstetric fistula repairs primarily on poor and powerless women *Medical Bondage* breaks new ground by exploring how and why physicians denied these women their full humanity yet valued them as medical superbodies highly suited for medical experimentation In *Medical Bondage* Cooper Owens examines a wide range of scientific literature and less formal communications in which gynecologists created and disseminated medical fictions about their patients such as their belief that black enslaved women could withstand pain better than white ladies Even as they were advancing medicine these doctors were legitimizing for decades to come groundless theories related to whiteness and blackness men and women and the inferiority of other races or nationalities *Medical Bondage* moves between southern plantations and northern urban centers to reveal how nineteenth century American ideas about race health and status influenced doctor patient relationships in sites of healing like slave cabins medical colleges and hospitals It also retells the story of black enslaved women and of Irish immigrant women from the perspective of these exploited groups and thus restores for us a picture of their lives **Encyclopedia of Folk**

Medicine Gabrielle Hatfield,2003-12-12 A wide ranging compilation on the materia medica of the ordinary people of Britain and North America comparing practices in both places Informative and engaging yet authoritative and well researched *Encyclopedia of Folk Medicine* reveals previously unexamined connections between folk medicine practices on either side of the Atlantic as well as within different cultures Celtic Native American etc in the United Kingdom and America For students school and public libraries folklorists anthropologists or anyone interested in the history of medicine it offers a unique way to explore the fascinating crossroads where social history folk culture and medical science meet From the 17th century to the present the encyclopedia covers remedies from animal vegetable and mineral sources as well as practices combining natural materia medica with rituals Its over 200 alphabetically organized fully cross referenced entries allow readers to look up information both by ailment and by healing agent Entries present both British and North American traditions side by side for easy comparison and identify the surprising number of overlaps between folk and scientific medicine *Grandma's Natural Remedies and Ancient Herbal Recipes - Volume 4* John Davidson,2013-05-15 Grandma s Natural Remedies and Ancient Herbal Recipes Volume 4 Table of Contents Introduction What is The Importance Of fruit vegetables herbs And spices Spices in Your Daily Diet Grandma Cook and Medicine Woman Garam Masala Recipe Massaman Masala Grandma s Herbal Tips Controlling High Blood Pressure Why Grandma Did Not Fuss Curing Cuts Bruises And Wounds Depression Nervous problems Irritability Obesity Cure Curry leaves Lemon Juice Regime Losing weight Through Exercise How Boring Conclusion Author Bio Introduction In this fourth volume of grandma s ancient natural remedies and herbal recipes you are going to get a

collection of recipes in which grandmother used fruit vegetables herbs and spices to cure her family and also the neighbors around her These remedies were given to her down the ages from our grandmother and so on Many of these remedies have been lost in the mists of time but there were still some people in ancient times who wrote these remedies down in books In 800 BC Homer praised the knowledge of ancient Egyptians who were extremely skilled in noninvasive surgery and treatment of ailments Ancient well known Greek and Roman medicine men like Galen and Hippocrates gained plenty of their knowledge studying in the University of Amenhotep and the great and glorious physician Lucanus known in Biblical history as Saint Luke studied under Greek and Egyptian physicians There were plenty of physicians who believe in spells and considered that disease was caused by evil demons Tibetan and other Eastern medicine still uses incantations to get rid of demons which have possessed a human or an animal body thus causing it to get sick In Indian and Chinese medicine the ancient doctors had a good knowledge of the human anatomy More than 4000 years ago doctors in India were practicing plastic surgery by making up noses from flaps of skin taken from other parts of the body In the same manner Chinese doctors knew all about blood circulation and acupuncture In fact Chinese medicine can be considered to be one of the most ancient scientific and knowledgeable science ever known to mankind in today s world It was well documented as was Egyptian medicine of which many ancient priceless papyri have been found Many of these ancient doctors knew about cause and effect even though the belief of disease causing demons possessing a body still lingers on in many parts of the East People are also under the impression that diseases are under the control and power of gods and goddesses who have to be placated so that they do not send an epidemic in the coming rainy season Egypt China Greece Mesopotamia and India were fertile lands That is why there was absolutely no reason why the people living here could not have plenty of healthy food to eat Grains fruit vegetables cereals spices nuts and other natural health giving food were in abundance This is why the ancients lived so long Because of this healthy natural diet and most of the people living outdoors ailments and illnesses were few That is why people of the 21st century are coming back to nature and looking for natural remedies based on fruit and vegetables which are going to cure them of diseases and ailments Chemical based drugs may heal you very well on a short term basis but they are going to have an everlasting long term effect on your body That is because they are made up of chemicals which do not suit the bio physiological functioning system of your body On the other hand fruits and vegetables as well as herbs are going to heal your body naturally while making sure that you do not suffer from any sort of side effects This is the reason why grandma s collected herbal lore and knowledge is all about the wonderful medical and beauty enhancing benefits of different herbs spices fruit vegetables and flowers

Thomas Aquinas's Relics as Focus for Conflict and Cult in the Late Middle Ages Marika Räsänen, 2025-10-01 This book offers a new way of looking at Saint Thomas Aquinas not as a living man but as a posthumous source of relics Marika R s nen delves deep into the strange relationship between Aquinas s physical remains and the devotional moments they enabled in many cases in situations where the actual relics were not present but were

recreated verbally pictorially or allegorically Both the actual relics and these extended manifestations of them R s nen shows were equally real to the medieval spectator though the question of the material presence of Aquinas s remains became increasingly important over time amid the political tumult of southern Italy [Grandma's Natural Remedies and Ancient Herbal Beauty Recipes Volume 1](#) John Davidson,2013-05-15 Grandma s Natural Remedies and Ancient Herbal Beauty Recipes Table of Contents Introduction Monday s Child Is Fair of Face The Healing Power of Infused Oil Remedies for winter Chilblains Sciatica Stiff Joints Quit your Bellyachin Simple Perfumed Ointments Natural Cures For Summer Ailments Appendix Introduction A couple of years ago somebody asked me what made me so interested in herbal remedies and natural cures as well as natural beauty recipes That is when I told him that the wisdom of the ancients had not been garnered together and would be lost as the generations forgot about asking their old wise ancestors the Lore which they knew So I was seven years old when I decided to myself that I needed to know everything about what my grandmother had learned from her grandmother And I started writing those ancient natural remedies and beauty recipes down More than three decades later I started writing books on natural remedies and natural herbal recipes which I collected whenever I went around the countryside People used to go around looking at the places to visit I used to go around asking for the oldies of the village who would give me herbal remedies and recipes In around 30 years I collected thousands of these recipes which were and are still being used by villagers and townsfolk and which have been given to them down the ages And they work because all the ingredients are natural And also the genetic makeup of hard working people living in an unpolluted atmosphere helped in keeping them healthy So they did not have to go running to a doctor whenever they caught a sniffle They knew the easiest herbal tisane in which would put them straight in a couple of days Now I spent my childhood and youth in jungles as well as in remote areas in all corners of the compass where nobody believed in medicines and sometimes medical access for serious cases was able only through air lifting by a helicopter but everybody believed in the power of nature and her curative properties Also plenty of exercise a good and healthy diet and grandma s natural remedies kept us healthy and happy And the funny thing is that the only times we got sick with measles mumps and chickenpox was when we came down from the mountains to the cities and the towns during our annual vacations The moment we got back into the healthy atmosphere of the mountains with plenty of fresh air plenty of fruit and drink and plenty of opportunities to create lots of childish mischief and mayhem we were content and happy children again We never knew that there were medicines which you needed to pop to keep healthy Is not this the natural trend of the 21st century civilized person You have lost your faith in natural remedies to keep you healthy You would rather buy something expensive which is being endorsed by your favorite star I am certain she never uses that medicine herself because it is made up of chemicals These chemicals are going to have a harmful after effect on your body The first thing you do when you wake up is take some vitamins with your breakfast After that you take some vitamins or pills to pep you up Then you take the medicines prescribed to you by a doctor Count the times you take some sort

of medicine in the shape of a pill vitamin and drug throughout the day And then can you believe someone who has not been to see a doctor for the last 30 years There are plenty of octogenarians in our area who believe in natural remedies and good diets to keep them healthy They are all grandpas and grandmas They do not coddle themselves with pills and medicines

Alternative Health Maintenance and Healing Systems for Families Doris Y. Wilkinson, Marvin B. Sussman, 1987 This important book offers timely discussions of movements in modern medicine that have had great impact upon the family the hospice movement and the integration of the family into birthing care of the dying the chronically ill and the mentally ill This book emphasizes that alternative health practices often viewed as archaic by Western trained health care personnel do not have to be in conflict with modern medical practices but can instead enrich and expand them The authors discuss fascinating health practices which are changing the course of medicine

Saving Grandmother's Face Aminta Arrington, 2010-05-01 An elderly peasant woman lives with her coffin in the kitchen An American teacher is adopted by a village family An eccentric grandfather teaches Chinese to his American student by jumping around the room and other perilous pantomimes China is a vast and populous nation which demands our understanding But while newspaper headlines commonly focus on politics and economics *Saving Grandmother's Face* written by Christian university teachers in China recounts their experiences in the classroom and in the countryside celebrating a child's birth and mourning a child's death grading papers and discussing Chinese literature Through these stories you will see a side of China often left out the human side

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Grandmothers Cures Introduction

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