



# **Kitchen Medicine: Household Remedies For Common Ailments And Domestic Emergencies**

*Julie Bruton-Seal, Matthew Seal*

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In *Kitchen Medicine* the authors describe the wealth of healing and emergency remedies that sit unused and idle in the kitchen. Superb illustrations adorn a lively text. The ingredients are all easily found in the kitchen although in some cases they are exotic in origin (just think of tea, coffee and chocolate).

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