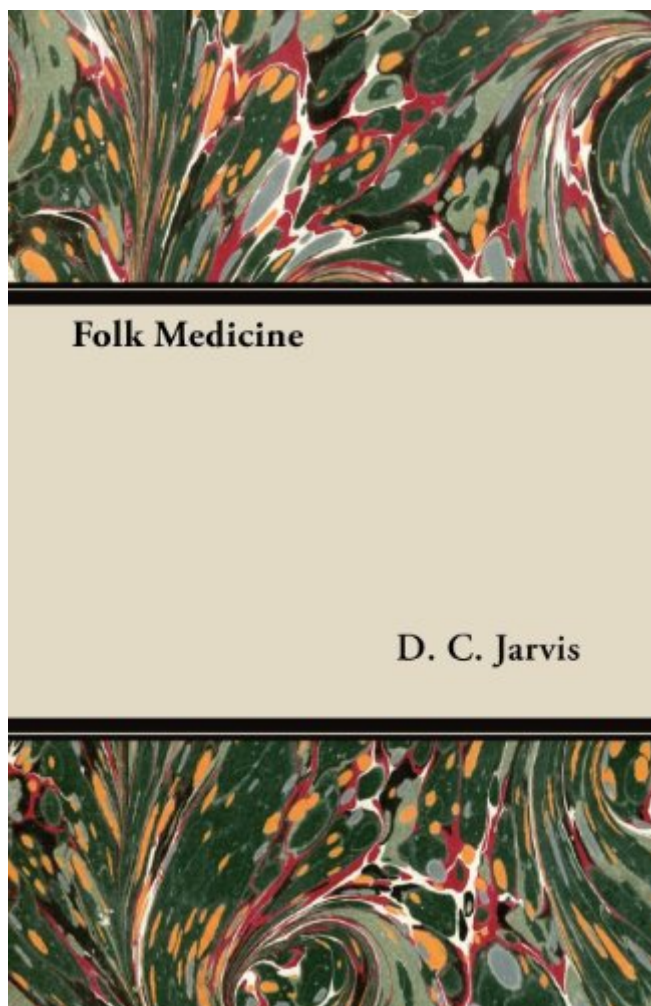


The book was found

Folk Medicine



Synopsis

This book takes a deep look into the folk medicine of Vermont. Written by a formally trained doctor who realised the local folk medicine was not only tradition but imperative to the way of life and the health of fellow Vermonters. This little guide provides knowledge and understanding of the nature and long successful uses of folk medicine and will be invaluable to anyone interested in daily increased vitality from childhood through maturity to satisfyingly active old age.

Book Information

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Customer Reviews

Some of the remedies in this book have been very helpful! I tend to be a skeptic about "home remedies", but this is different. This is folk medicine, practices that have been used for generations. We don't give our ancestors nearly enough credit -- they were far healthier than we are today, and I think a lot of that can be attributed to the fact that they did not rely on man-made chemicals to help with what ailed them. No antihistamines or decongestants for them; they used honey. I have terrible allergies, and have to say that honey has helped me more than anything else. My mother had the paperback version of this book, and it is literally falling apart from use. I am so glad to have it in Kindle form. Now to bookmark the e-version in the same way Mom bookmarked the paperback...

A well written and interesting book. If the evidence Dr. Jarvis presents can be as good as he states, taking apple cider vinegar and the other remedies he prescribes can be great ways to maintain a healthy life. Worth reading for his insight and experience.

I first read Folk Medicine many years ago. This book started me off drinking Apple Cider Vinegar and Honey and I have continued to do so for years. It has helped me to resist many old-age maladies. Dr Jarvis got it wrong when he suggests that the body is best in an acid state.

The proof of the read is that I have found unpasteurized apple cider vinegar and local honey to boost my immune system. After working in the garden and becoming very warm, this combination cools my body and gives me renewed energy.

I'm happy to rate this work as high as possible because everything I have read in this little gem rings true in my own personal experience of what I know to be high quality health and real vitality.

Interesting perspective and recommendations written in very clear language. Easy to understand the points he is making. I wish the appendix was a little more detailed but this it.

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