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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Medieval Remedies That Still Work Today**

**By Doug Smith**

Home Remedies – Facts or Quacks?

In a previous article we looked at several possible definitions of a home remedy, and patched together a definition that met our mental image of such a remedy. If you missed it, here's the definition we derived.

A home remedy is an experience-based or even accidental remedy or cure prepared from herbs, plants, or other available ingredients by common folk when modern medical help was unavailable (or hadn't been devised yet).

But Home Remedies Are From The Dark Ages, Right?

Not so fast! Countless myths, legends, and superstitions have survived for centuries, so why not home remedies too? Think about it: we bless someone after sneezing to ward off evil spirits, throw a pinch of spilled salt over the shoulder to prevent bad luck, say that breaking a mirror brings bad luck, and we knock on wood or find four-leaf clovers to bring luck.

How Many Times Have You Used These Folk Remedies?

Home remedies from The Dark Ages are all around us. Quick: name three ways to cure hiccups. No doubt you immediately thought of scaring the victim, holding your breath while drinking a glass of water, and breathing through a paper bag. I'm sure some of you even thought of others.

At some time, these procedures must have worked well enough to stop hiccups that others began using them. I'm sure you've already noticed that each cure mentioned above changes the victim's breathing rhythm, which may be why they sometimes stop annoying hiccups.

Look Past The Obvious

The hiccup example demonstrates the assertion that home cures and folk remedies have at least a grain of truth in them. Think about that the next time you rub aloe vera juice on a burn, starve a cold (or

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feed a fever), or hear of a mother who puts her child with chicken pox together with her healthy children so they all catch it now rather than later.

Are home remedies things of the past? I don't think so!

Thank you for reading. Learn more about free home remedies by using the resources displayed below.

Discover secret home remedies at

<http://www.superhomeremedies.com>

that show you how to use

mayonnaise, duct tape, yogurt, soda, mouthwash, peroxide, thread and other common ingredients to cure common but embarrassing conditions.

### **Does Your Health Insurance Cover Alternative Medicines And Remedies?**

**By Elizabeth Newberry**

When we think of health insurance and the kind of coverage it provides, we tend to think of emergency room visits, doctor visits, hospital stays, and standard medication such as pills, liquids, and injections, i.e., drugs. However, there is enough of an increase in interest in alternative medicines and remedies that is causing a few health insurance companies to include them, to a degree, in their health insurance policies.

Alternative medicines and remedies tend to be more cost effective than standard medicines and remedies, and scientific evidence shows that alternative medicines and remedies are more than just beneficial to our wallets - they are also beneficial to our health. A few examples of alternative medicines and remedies include: acupuncture, massage therapy, meditation, mind and body stress management, chiropractic services, and herbal remedies.

People who choose to use alternative medicines and remedies currently pay for most of the cost, if not all of the cost, themselves. Even though the consumer demand for alternative medicines and remedies continues to grow, most health insurance companies don't offer coverage for these types of health services, and those that do might offer very limited coverage.

One of the main reasons health insurance companies are skeptical about including alternative medicines and remedies in their health insurance policies is the fact that many of the alternative medicines and remedies don't seem to work; however, the reason many of them fail to work is because the health insurance companies that do provide coverage for alternative medicines and remedies do so only to a limited degree. In other words, due to the limited coverage health insurance companies provide for alternative medicines and remedies, many of the practices aren't given enough time to be effective.

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If you're interested in purchasing health insurance that covers alternative medicines and remedies, give your state insurance agency a call. Find out what health insurance companies in your state offer coverage of alternative medicines and remedies.

<http://www.myquoteguide.com/Car-Tips.shtml>

<http://www.ezquoteguide.com/home/>

<http://www.ezquoteguide.com/car/>



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