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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!

What Is A Home Remedy?

By Doug Smith

Home Remedies – Facts or Quacks?

Myths and legends often have their basis in a grain of truth. So I wondered if home remedies, alternative treatments, and folklore cures might also be based on truth. First, let's try to define the phrase home remedy.

There's No Place Like Home

The name itself proclaims that a home remedy is, well, a remedy that's administered at home! Prescription drugs are often given at home as remedies, so we need to dig a little deeper. When you think of home remedy, don't you think of some sort of cure or treatment that's outside mainstream modern medicine? Me too. Let's take a look at some choices.

The Holistic View

The dictionary defined holistic medicine as an approach to medical care that emphasizes the study of all aspects of a person's health, including physical, psychological, social, economic, and cultural factors. The holistic definition is very broad and could apply to many medical approaches.

Peaches & Herbs?

Many people associate herbs with home remedies. The definition for herbal remedy is a plant, or plant part, or an extract or mixture of these used to prevent, alleviate, or cure disease called also herbal medicine. That sounds like a good definition, although home remedies tend to encompass more than herbal remedies. What's next?

Folk Medicine

Folk medicine is defined as traditional medicine especially as practiced by people isolated from modern medical services, and usually involving the use of plant-derived remedies on an empirical basis. Now we're getting somewhere! The old-timers practiced medicine not based entirely on plants when modern

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medicine wasn't available. Let's dig a little deeper into the dictionary.

Home At Last

Finally we find the dictionary's definition of home remedy: a simply prepared medication or tonic often of unproven effectiveness administered without prescription or professional supervision. So – it is a remedy prepared outside the realm of modern medicine, it's not limited to herbs, but unproven effectiveness? I disagree. I can prove that some of the simplest home remedies have led to some of our greatest medical breakthroughs (but that's another article).

Is That Your Final Answer?

Based on the research above, let's agree to define a home remedy as follows:

An experienced–based or even accidental remedy or cure prepared by common folk from herbs, plants, or other available ingredients when modern medical help was unavailable (or hadn't been devised yet).

That's my answer, and I'm sticking to it!

Want to try free home remedies for yourself? Use the resources below to learn more. You can save time, money, and embarrassment.

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.

Finding A Home Remedy For Snoring

By Alan Schill

Home remedies are terrific for many things, but did you also know that there are home remedies for snoring? They are natural, safe and, best of all – they are free. If you are looking for the perfect home remedy for snoring, you are at the right place.

Sleeping on your side is a terrific home remedy for snoring. Research shows that individuals who sleep on their back snore more often than side sleepers. Another good home remedy for snoring is to sleep on two pillows instead of one. The additional few inches of elevation may help you to breathe better through the night, which may help you to say goodbye to snoring altogether.

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If you are an allergy sufferer, there may be a home remedy for snoring that you can use to also help eliminate your allergy symptoms. When airway passages become restricted, which is often the case with allergies, snoring is a possible result. Breathing steam from hot running water is a home remedy for snoring that is also great for opening the nasal passages and improving breathing. In addition, ridding your home of airborne allergens with the use of air filtration units can help to get rid of many airborne allergens.

Many snoring sufferers, who are searching for the perfect home remedy for snoring, turn to anti-snoring aids for help. The Sleep Genie is one such device, which is doctor recommended. While comfortably supporting the jaw with its nylon lycra blend, the Sleep Genie holds the mouth closed to prevent snoring. The best part is that this anti-snoring device requires no medication, no invasive surgery and does not hinder the wearer's movement during the night.

Another home remedy for snoring is weight loss. A combination of diet and exercise will not only help you to lose weight and lessen the chances of snoring, but will also promote a healthier lifestyle overall. Obesity is one of the leading causes of snoring, so consider shedding those unwanted pounds and your snoring habit in the process.

This article is intended for informational purposes only. It should not be used as, or in place of, professional medical advice. Before beginning any treatment for snoring, please consult a doctor for a proper diagnosis and remedy.

A new anti-snoring scientific breakthrough is rapidly changing the lives of ex-snorers... because the first night you use it, it stops snoring! Visit

<http://www.SleepGenie.com>

for more information!

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