



# The Easy Nutritious Home Remedies & Recipes

*Wilcock Lewis*

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# The Easy Nutritious Home Remedies & Recipes

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## **The Easy Nutritious Home Remedies & Recipes Wilcock Lewis**

"The Easy Nutritious Home Remedies & Recipes" book gives you all the brand new information with advance technology for baby, child, adult, pregnant to senior's need. As a consultant of Chinese medicine, I use foods as remedy to treat discomfort & illness; I also use foods to nourish our bodies. In this book, I write nutritious drinks & solid foods for baby to age of 5. I tell new mother how to have breast milk; I also have a very new discovery of remedy to heal colic which can save so many babies to avoid suffering. If baby colic is not cured, it will extend to cause Attention Deficit Hyperactivity Disorder; I have a nutritious remedy to heal it. Besides, I also have remarkably what you eat decide gender. Then, I have 2 remedies for adult female & male to have strong teeth & clever. I also have remedy to smooth discomfort before women's period. For pregnant women, I tell them how to prepare to have breast milk; I give the remedy to heal mild discomfort during pregnancy. I also give a nutritious remedy to heal mild headache. I also give a remedy to relieve thirsty. I also give 2 vital advices for pregnant women. I also have remedy for aging. Furthermore, I have a new discovery remedy to reduce symptoms of dementia. Also I have an amazing way of remedy to heal cold & flu. Besides, I have another outstanding remedy to heal lipoma. I also give urgently what you eat have a math brain. Finally, I have recipes to teach people to cook in 13 ways to have the nutritious dinners; I tell people how to handle the easy cooking to have the healthy meals.

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