



Natural Home Remedies - The Best No Prescription Needed Guide to Using Natural Remedies for Common Ailments

By Janelle Watkinson

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Everybody gets the sniffles at one time. Not only that, there is the occasional cough, flu, headaches and stomachaches. These are just some of the common ailments everybody gets once in a while. A lot of people automatically reach for pharmaceutical remedies. Pain killers, cough medications and cold tablets are often standard items in a home medicine cabinet. Some people even get into the habit of bringing these little pills along wherever they go. Don't you know that long term use of these synthetic chemicals pose an even more serious threat to health than the problems they were supposed to treat? For instance, prolonged use of painkillers like NSAIDs for simple headaches can cause serious stomach ulcers and bleeding problems. It is...



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