



Chicken Soup & Other Folk Remedies

Joan Wilen, Lydia Wilen

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Can colorless nail polish stop a cold sore from blossoming?

How can silverware be used to make a leg cramp subside?

Do kiwi fruit, carrots, apples and avocados lower cholesterol?

Will ankle-pinching relieve stress?

Why not? We all know that chicken soup really does help when you have a cold--and so do the rest of the remedies in this amazing collection of practical, easy-to-use, doctor-approved treatments for a wide variety of ailments.

Turn the pages and find age-old wisdom, common sense advice, and up-to-date information, plus an all-new chapter on weight control--everything to help you help yourself feel good. As the authors' grandmother would say, "What could be bad?"

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