

Mother Earth News Guide to Family Health (Food & Garden Series)



Although the phrase at least I have my health may be a cliché, for anyone who has watched a family member battle a major illness, we know how meaningful that saying really is. When it comes to managing minor maladies -soothing an itch from bug bites or rashes, fighting daily stress, or fight off a cold virus - turn to natural remedies first. Good nutrition and a healthy lifestyle are our best resources to help fight off more serious diseases as well.

Science has shown time and again that antioxidants found in fruits and vegetables are our bodies most effective weapons against cancer cells. Versatile and well-researched herbs and spices can be incredibly efficient at fight chronic illness. A recent study at the University of Arizona show that curcumin, turmeric's active ingredient, can help reduce inflammation and joint pain as effectively as pharmaceutical drugs. Healthy living isn't about sacrifice - quite the opposite! When our bodies are well-fueled and operating at maximum capacity, it frees our minds and hearts to pursue the goals that help us feel fulfilled. When we're not bogged down with physical ailments, we can experience the richness life has to offer. This special issue is dedicated to family health because one common goal of every one of us is to help our families thrive. By relying on natural remedies, fostering a connection with the earth, and truly nourishing your body, you can help to build a healthy future for your family, and this issue can help you do just that!

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5TH EDITION This first installment of the our new Wiser Living Video Series DVD features to making your own all-natural household cleaners to extending your garden **MOTHER EARTH NEWS GUIDE TO FAMILY HEALTH, 2ND EDITION** **MOTHER EARTH NEWS HOW TO GROW AND PRESERVE YOUR OWN FOOD, 6th EDITION.** **MOTHER EARTH NEWS FAIR** Help boost your familys health with the more than 220 tips for natural wellness offered inside the latest **MOTHER EARTH NEWS Guide to Family Health.** **Summer Harvesting Guide: Enjoy the garden harvest all year with this plant-by-plant guide.** **MOTHER EARTH NEWS WISER LIVING VIDEO SERIES, VOLUME 1. Albany, Ore. MOTHER EARTH NEWS FAIR** The fifth edition of the **MOTHER EARTH NEWS Guide to Healing Herbs is Home & Garden** on keeping your family happy and healthy this cold and flu season with natural, **EARTH NEWS HOW TO GROW AND PRESERVE YOUR OWN FOOD** **MOTHER EARTH NEWS WISER LIVING VIDEO SERIES, VOLUME 1. Asheville, N.C. Schedule MOTHER EARTH NEWS FAIR** The **MOTHER EARTH NEWS FAIR** delivers practical, hands-on training and experience taught by leading, sustainability-minded experts! **17 Best images about HOME: Mother Earth News on Pinterest Root** **MOTHER EARTH NEWS GUIDE TO FAMILY HEALTH, 2ND EDITION.** Help boost your familys health with the more than 220 tips for natural wellness offered **Best of Mother Earth News Special Issues** **Collectors Series** **Do It Yourself Special Issues** **Food & Cooking Special Issues** **Gardening Special Issues** **Mother Earth News Guide to Family Health Magazine Late Summer** **MOTHER EARTH NEWS FAIR** is a fun-filled, family-oriented sustainable including: books, tools, seeds, tractors, organic foods, clothes, solar gadgets and

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