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## Our 70 Years with Kitchen Remedies: The Most Effective Remedies: Garlic, Ginger, Onions, Vinegar, Fresh Fruits and Fresh Vegetables

By Thelma Escobar Matta

Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 50 pages. First of all, our parents were already in their sixties but I never saw them suffer from Food Indigestion or Arthritis. I was only in grade three when I started using remedies. I am 50 years old on 2012 but I am not taking any prescription medicines for 12 years already. I never was in pain for prolonged time, and didnt go through the pain of Menopause. I never had even a single appointment for a Mammogram. Even these days, I only see doctors for employment purposes and to know what is bothering me. In Philippines, men soak this remedy in a jar of another remedy to prolong erection. In 1990, it got rid of Stomach Ulcers in only three days. Adding it in our daily cooking rebuilt the tissues of my brothers lungs when he had Tuberculosis. It dried up Chicken Pox in only four days. In 2005, it closed my Dads wound inside his face which was a result of a fall in less than three weeks. In 2006, I recommended it to Salve to help her from Heart Disease. In 1972, I used...



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