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# Folk Medicine



**Folk Medicine**

**D. C. Jarvis**



## **Synopsis**

This book takes a deep look into the folk medicine of Vermont. Written by a formally trained doctor who realised the local folk medicine was not only tradition but imperative to the way of life and the health of fellow Vermonters. This little guide provides knowledge and understanding of the nature and long successful uses of folk medicine and will be invaluable to anyone interested in daily increased vitality from childhood through maturity to satisfyingly active old age.

## **Book Information**

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## **Customer Reviews**

Some of the remedies in this book have been very helpful! I tend to be a skeptic about "home remedies", but this is different. This is folk medicine, practices that have been used for generations. We don't give our ancestors nearly enough credit -- they were far healthier than we are today, and I think a lot of that can be attributed to the fact that they did not rely on man-made chemicals to help with what ailed them. No antihistamines or decongestants for them; they used honey. I have terrible allergies, and have to say that honey has helped me more than anything else. My mother had the paperback version of this book, and it is literally falling apart from use. I am so glad to have it in

Kindle form. Now to bookmark the e-version in the same way Mom bookmarked the paperback...

I have had this book in paperback form for years and was thrilled to see that it was finally converted into digital format. Unfortunately, there is an entire chapter (Chapter 3) missing from this Kindle edition. I hope the publisher will correct this oversight soon. Everything else seems to be exactly as in the paper edition. I haven't read it through page by page yet, so I haven't noticed the typos others have reported. Hopefully any that appear will be corrected soon as well. Great book otherwise!

Old book, timeless information! Must read!

I'm happy to rate this work as high as possible because everything I have read in this little gem rings true in my own personal experience of what I know to be high quality health and real vitality.

I first read Folk Medicine many years ago. This book started me off drinking Apple Cider Vinegar and Honey and I have continued to do so for years. It has helped me to resist many old-age maladies. Dr Jarvis got it wrong when he suggests that the body is best in an acid state.

This is a great book filled with interesting info that is very practical & useful. Old time remedies & a good read! Enjoyed it very much & would highly recommend.

use this book a lot for ways to treat the body..it's been a great help in several cases.

Interesting perspective and recommendations written in very clear language. Easy to understand the points he is making. I wish the appendix was a little more detailed but this it.

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