



## Healing Through Milk and Yogurt - Using Dairy Products for Natural Healing (Paperback)

By Dueep Jyot Singh, Managing Director John Davidson

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Table of Contents Healing through Milk and Yogurt Table of Contents Introduction Digesting Milk Natural Remedies Rejuvenating Recipe Avoiding Milk Increasing Weight Vertigo Milk for Skin Problems Sugar remedy Blemishes Pimples and Pimple Scars Natural Depilatory Natural Cure for Baldness Hoarse Throat and Chest Infections Whooping Cough Acidity Insomnia Almond milk Headaches and Migraine Gastric and Duodenal Ulcers Blocked nose Yogurt Lethargy Constipation The Best Way to Eat Yogurt Yogurt for Hair Care Hair fall Dandruff Yogurt for Beauty Skin Cleansing Blemishes and Pimples Traditional Clarified Butter - Desi Ghee Conclusion Author Bio Publisher Introduction Since ancient times, mankind has considered milk from animals to be one of the most easily available and popular supplements to his diet. This milk is the main constituent of a number of other products like cheese, butter, yogurt, cottage cheese, and buttermilk. This book is going to tell you all about how you can use these products to cure a number of ailments. In ancient times, a man s prosperity was counted by the number of livestock he had...



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