



Salt in Your Sock: and Other Tried-and-True Home Remedies

Lillian Beard M.D., Linda Lee Small

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When your child is seriously ill, nothing but the front line of modern medicine will do. But for all those minor ailments that children seem to pick up just by breathing, there are safe, effective, and inexpensive home remedies.

In **Salt in Your Sock and Other Tried-and-True Home Remedies**, veteran pediatrician Dr. Lillian Beard presents more than one hundred of her patients' favorite all-natural treatments from around the world, collected over the twenty-five years of her practice. For each ailment, Dr. Beard offers a medical explanation, warning signs for when to call the doctor, conventional treatments, and a colorful array of folk remedies to try, such as:

- For cold sores, apply cool, wet teabags (Earl Grey preferred).
- For nosebleeds, have your child sniff a pinch of cayenne pepper.
- For earaches, fill a sock with salt warmed in a frying pan, then hold the sock against the affected ear.

The perfect marriage of folk wisdom and state-of-the-art medicine, this book will surely become your most-thumbed family resource.

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