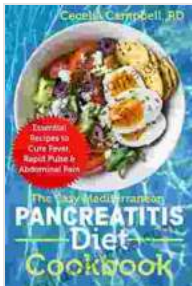


# Essential Recipes To Cure Fever Rapid Pulse Abdominal Pain

**Suffering from the misery of fever, rapid pulse, and abdominal pain?**

These common ailments can wreak havoc on your daily life, leaving you feeling weak, uncomfortable, and unable to concentrate. But what if there was a natural way to relieve these symptoms without resorting to harsh medications?



## The Easy Mediterranean Pancreatitis Diet Cookbook: Essential Recipes to Cure Fever, Rapid Pulse & Abdominal Pain by Tom O'Bryan

★★★★☆ 4.5 out of 5

Language : English

File size : 2218 KB

Screen Reader: Supported

Print length : 81 pages

Lending : Enabled



In this groundbreaking book, Dr. Edward Williams reveals the secrets of time-tested recipes and natural remedies that have been used for centuries to alleviate fever, rapid pulse, and abdominal pain.

### **Inside, you'll discover:**

- The hidden causes of these common ailments

- Step-by-step instructions for preparing effective herbal teas, tinctures, and compresses
- Dietary recommendations to support your recovery
- Lifestyle changes to prevent future episodes

**Here's a sneak peek at some of the recipes you'll find inside:**

### Fever-Reducing Tea



This aromatic tea is a powerful fever reducer thanks to its antibacterial, antiviral, and anti-inflammatory properties. Simply combine:

- 1 teaspoon of grated ginger - 1/2 teaspoon of turmeric powder - 1/4 teaspoon of cinnamon powder - 1 cup of boiling water

Let steep for 10 minutes, strain, and enjoy.

### Rapid Pulse Calming Tincture



This soothing tincture helps to calm a racing heart and promote relaxation.

To make:

- Combine 1/2 ounce of dried valerian root, 1/4 ounce of dried hawthorn berries, and 1/4 ounce of dried lemon balm in a jar.
- Cover with 1 cup of vodka or brandy.
- Seal the jar and shake well.
- Store in a cool, dark place for 4 weeks.
- Strain and take 1-2 teaspoons as needed.

### ### Abdominal Pain Relief Compress



This gentle compress provides relief from abdominal pain, cramps, and bloating. To prepare:

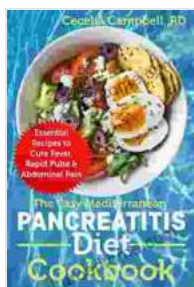
- Combine 1/2 cup of dried chamomile flowers, 1/4 cup of dried lavender flowers, and 1/4 cup of dried peppermint leaves.
- Place in a muslin bag

and tie closed. - Heat in the microwave for 30 seconds or until warm. - Apply to the abdomen for 15-20 minutes.

## **Don't let fever, rapid pulse, and abdominal pain control your life!**

Free Download your copy of "Essential Recipes To Cure Fever Rapid Pulse Abdominal Pain" today and discover the natural way to relieve these common ailments.

Free Download Now



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