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Healing Remedies by Lydia Wilen

[Healing Remedies](#) More Than 1,000 Natural Ways to Relieve Common Ailments, from Arthritis and Allergies to Diabetes, Osteoporosis, and Many Others! **Written by [Lydia Wilen](#) and [Joan Wilen](#)** **Trade Paperback**, 352 pages | Ballantine Books | Health & Fitness | **\$16.00** | 978-0-345-50335-0 (0-345-50335-X)
A PRACTICAL, SAFE, TIME-TESTED, AND EFFECTIVE A-TO-Z GUIDE TO NATURAL HEALING REMEDIES

For years, sisters Joan Wilen and Lydia Wilen have been collecting and incredible home remedies. These range from old treatments that have been passed down for centuries (but forgotten by modern medicine) to methods recently uncovered by doctors and medical researchers. Healing Remedies combines the best entries from the Wilens' Chicken Soup & Other Folk Remedies books, plus a significant amount of new material, including sections on diabetes, osteoporosis, ADD, anxiety, and children's common ailments-from colic and diaper rash to tantrums and teething. Also, check out these other remarkable remedies:

- . Eating two pectin-packed apples a day may help lower blood pressure.
- . For an energy boost, slap the inside of your elbows and the back of your knees.
- . Eating one-half avocado a day may lower cholesterol by up to 42 percent.
- . Vaporize a headache by bringing a cup of apple cider vinegar to a slow boil, then put a towel over your head, bend over the pot at a safe distance, and inhale/exhale through your nose for about 10 minutes.
- . To tone up your circulatory system and strengthen your heart, pretend to vigorously conduct an orchestra for 10 minutes a day.
- . To improve your memory, pop six raw almonds a day.
- . Add pizzazz to your sex life by consuming any fruit beginning with p: peaches, plums, pears, pineapple, papaya, and persimmon.
- . Practice "girth control" by killing your cravings with pure grape juice.

Though not meant as a substitute for doctor's visits, this amazing guide also features special sections on men's health challenges, especially prostate concerns, and women's symptom relief, from cramps and morning sickness to vaginitis and hot flashes. Remedies galore-and more-are at your fingertips!

<http://www.randomhouse.com/catalog/display.pperl?isbn=9780345503350>

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[Healing Remedies](#) More Than 1,000 Natural Ways to Relieve the Symptoms of Common Ailments, from Arthritis and Allergies to Diabetes, Osteoporosis, and Many Others! **Written by [Lydia Wilen](#) and [Joan Wilen](#)** eBook | Ballantine Books | Health & Fitness | **\$16.00** | 978-0-345-51302-1 (0-345-51302-9)
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From the Trade Paperback edition.

<http://www.randomhouse.com/catalog/display.pperl?isbn=9780345513021>

Chicken Soup & Other Folk Remedies by Lydia Wilen

[Chicken Soup & Other Folk Remedies](#) **Written by [Joan Wilen](#) and [Lydia Wilen](#)** Trade Paperback, 272 pages | Ballantine Books | Health & Fitness | **\$14.00** | 978-0-345-44061-7 (0-345-44061-7)

Can colorless nail polish stop a cold sore from blossoming?
How can silverware be used to make a leg cramp subside?
Do kiwi fruit, carrots, apples and avocados lower cholesterol?
Will ankle-pinching relieve stress?

Why not? We all know that chicken soup really does help when you have a cold--and so do the rest of the remedies in this amazing collection of practical, easy-to-use, doctor-approved treatments for a wide variety of ailments.

Turn the pages and find age-old wisdom, common sense advice, and up-to-date information, plus an all-new chapter on weight control--everything to help you help yourself feel good. As the authors' grandmother would say, "What could be bad?"

<http://www.randomhouse.com/catalog/display.pperl?isbn=9780345440617>

More Chicken Soup & Other Folk Remedies by Lydia Wilen

[More Chicken Soup & Other Folk Remedies](#) Written by [Joan Wilen](#) and [Lydia Wilen](#) Trade Paperback, 352 pages | Ballantine Books | Health & Fitness | **\$14.00** | 978-0-345-44062-4 (0-345-44062-5)

Is there a natural way to soothe dry eyes without eye drops?

Can you relieve stress by using clothespins on your fingers?

Is there a simple exercise to ease carpal tunnel pain?

Can raisins soaked in gin relieve arthritis pain?

The answer is yes! All those remedies--and more!--are at your fingertips, including an all-new chapter on the top ten foods most essential to your health and well-being. Everyone who loved the Wilen Sisters' first book will want to have this sequel in their home. That is, if you want a healthier heart; need to boost your immune system; care to lose weight, stop smoking, become more attractive, and improve your sex life!

Joan Wilen and Lydia Wilen will have you using the kitchen as your pharmacy; the fridge as your medicine cabinet; and the supermarket, greengrocer, and health food store as your dispensaries.

<http://www.randomhouse.com/catalog/display.pperl?isbn=9780345440624>

The Perfect Name for the Perfect Baby by Lydia Wilen

[The Perfect Name for the Perfect Baby](#) Written by [Lydia Wilen](#) **Paperback**, 368 pages | Ballantine Books | Family & Relationships - Baby Names; Family & Relationships - Parenting; Family & Relationships - Pregnancy & Childbirth | **\$6.99** | 978-0-345-41235-5 (0-345-41235-4)

You've talked to everyone and still haven't found a name . . .

Relax! Help is on the way! You're sure to find a name that sings to you in this clever, up-to-date guide. Is your baby bound to be an angel like Arael? Or as great as Alexander? A gentle Kevin, or a lovable Amanda? Organized by category such as favorite names over the years, song titles, celebrities, saints, flowers, and more, THE PERFECT NAME FOR THE PERFECT BABY gives advice and suggestions on:

*Names to consider if your last name is complicated or common

*Names of European, Latin, African, or Asian origin

*Names from the Bible, mythology, and literature

*Names of your favorite soap opera characters, and what celebrities have named their own children

*And much more

With a complete alphabetical listing of thousands of names and their meanings, THE PERFECT NAME FOR THE PERFECT BABY is a fun and comprehensive catalogue of great names *one of which is bound to fit your baby perfectly.

<http://www.randomhouse.com/catalog/display.pperl?isbn=9780345412355>

The Perfect Name for the Perfect Baby by Lydia Wilen

[The Perfect Name for the Perfect Baby](#) Written by [Lydia Wilen](#) **Trade Paperback**, 368 pages | Ballantine Books | Family & Relationships - Baby Names | **\$11.95** | 978-0-449-90654-5 (0-449-90654-X)

You've talked to everyone and your mind still isn't made up.

Your mother or mother-in-law has the perfect name -- her own!

Your next door neighbors just named their baby what you were going to name your own child.

Relax! Help is on the way! You're sure to find a name that sings to you in this clever, up-to-date guide. Is your baby bound to be an angel like Arael? Or as great as Alexander? Organized by categories such as favorite names over the years, song titles, celebrities, angels, saints, flowers, and more, THE PERFECT NAME FOR THE PERFECT BABY gives advice and suggestions on:

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<http://www.randomhouse.com/catalog/display.pperl?isbn=9780449906545>
