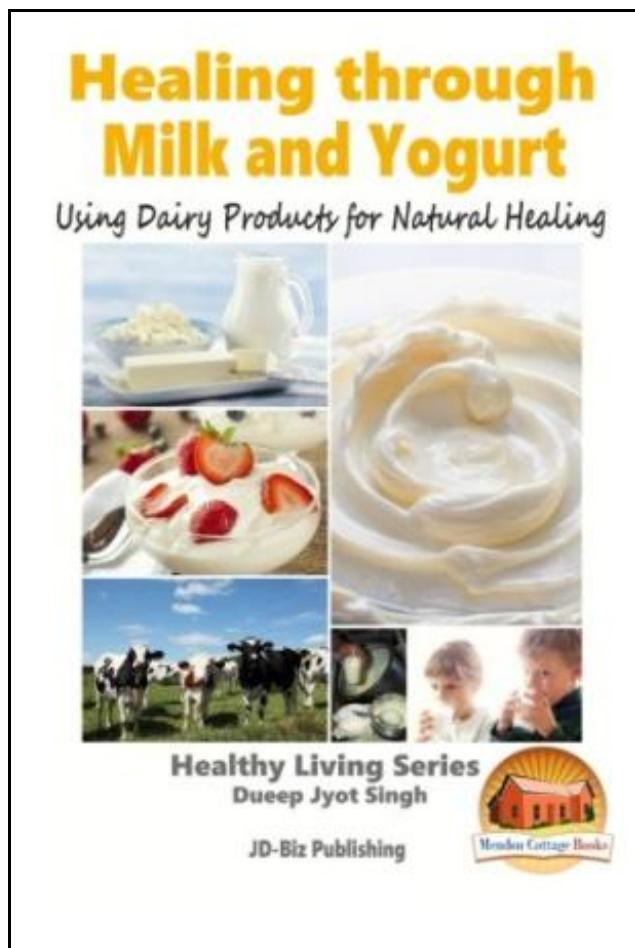


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Table of Contents Healing through Milk and Yogurt Table of Contents 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 in his farm, including goats, sheep, cows, horses, and other such domesticated animals. That is why in ancient books, the milk of a cow has been described in such glowing terms - The spinal cord of a cow has a nerve called Sunlight in it. Whenever the Sun God showers his rays on the body of a cow grazing in the fields, the rays are turned into gold when they touch the nerve called sunlight. That is the reason why the butter and the milk you get from a cow is golden in color. Talk about imagination! But this is...

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