



# Folk Medicine: A Vermont Doctor's Guide to Good Health

*D. C. Jarvis*

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## **Folk Medicine: A Vermont Doctor's Guide to Good Health** D. C. Jarvis

Reveals time-tested remedies and advice from early Vermont, describing the benefits of such natural substances as honey, apple cider, kelp, and vinegar on weight loss, chronic fatigue and other sleep disorders, headaches, and illness.

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