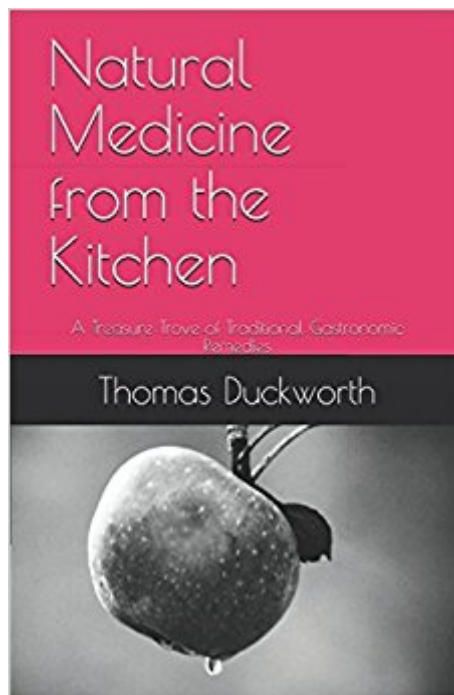




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# **Natural Medicine From The Kitchen: A Treasure Trove Of Traditional Gastronomic Remedies**



## Synopsis

The first recipe I learnt from Nakazono Osensei was the Albi Plaster; it saved my index finger from amputation. The next one, bandaging raw eggplant on warts along with elimination of red meat and sugar, proved a rapid and full cure for my son and that cluster of warts on the back of his hand. The third recipe, burdock root juice for diagnosis and treatment of acute abdominal distress, saved my daughter from unnecessary surgery. Is it any wonder that at age 35, a father of 5 children shifted occupations and spent over a decade as the apprentice of the master healer, M. Masahilo Nakazono Osensei ? I entered into my studies thinking I might take better care of my family; Osensei guided me in understanding that the whole world is my family. That is what happened and this book the beginning of 'paying it forward.' The format is alphabetized; easier, but it is not an encyclopedia. This presentation is just what I gained by focusing on one medicine man who showed a keen interest in sharing with me and now it is for you.

## Book Information

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## Customer Reviews

Excellent information .. well written .. specific instructions .. Glad I got this one ..

Interesting stuff.

Wonderful book! It's a must for anyone interested in natural medicine. Thank you Dr Duckworth.

Just wish it was a little longer.

Would also recommend kototamabooks.com, very good reads and information from Nakazono Sensei his books are very beneficial for all of us

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