



Mama's Home Remedies Wins 2009 Mom's Choice Gold Award

Mama's Home Remedies: Discover Time-Tested Secrets of Good Health and The Pleasures of Natural Living is named among the best in family-friendly media, products and services for 2009. Packed with nearly 800 remedies and recipes, secrets of joie de vivre, carefully kept "under seven seals," motivational mottoes, inspirational advice and useful tips, this book provides centuries of healthy wisdom.

Boca Raton, Florida ([PRWEB](#)) February 13, 2009 -- Many years ago Mama would gather "the girls" (medical professionals like she was) for tea each Friday in her fragrant, blossoming garden in southeastern Europe. Under a canopy of trees filled with birdsong, they'd strengthen their bond of friendship and share stories of the success they'd achieved using natural remedies to treat and heal their patients, family members and neighbors. As each woman recounted her experiences, Mama's daughter, 12-year-old Svetlana, sat attentively on a bench recording in her journal "recipes" for teas, tinctures, infusions and poultices.

"There was a wide variety of natural remedies (www.mamashomeremedies.com) we had available to treat headaches, colds, sore throats, cough, as well as insomnia, stress and skin rashes," says the author, Svetlana Konnikova. "Most of these remedies can be easily made in advance and kept in your refrigerator or kitchen pharmacy, so you have them when you need them. Other recipes don't take any preplanning, such as common fruits and vegetables. Beets, onions, radishes, grapes, carrots, garlic, cabbage, apples and apricots, lemons, plums, potatoes, and many other 'superfoods' have excellent healing properties as well as food properties."

- * Onions can help in fighting many diseases. Make organic chicken broth and cook an onion in it. When the onion is tender, eat it at once. Add a pinch of salt for better taste. This cooked onion works magic in treating a cough.
- * Washed fresh cabbage leaves applied to the forehead and temples for 15 minutes can treat burns, or relieve headaches.
- * Fresh pomegranate juice with one teaspoon organic honey is the ultimate cure for the blues, or fatigue.
- * Crushed garlic, applied to stubborn corns, can draw them out.
- * Eating a piece of crystallized ginger can prevent travel sickness and vomiting during long journeys in a car or boat.
- * Drinking 1/2 cup fresh grape juice three times a day one hour before a meal can lower high cholesterol.

These are just few of the old Eastern European herbal remedies from the book, *Mama's Home Remedies*, a collection of the abundant knowledge of natural health and healing that, Svetlana Konnikova garnered in Mama's tea garden, intertwined with her grandmother's fairy tales, family vignettes, legends and herbal lore. Filled with easy-to-make, natural, healing recipes for common ailments and illnesses--such as allergies, headaches, stress, fatigue, insomnia, asthma, and respiratory problems--this all-encompassing guide to wellness offers a holistic approach that intermingles alternative treatments with folklore, psychology, philosophy, and spirituality to foster optimal health and joyful living.

Colorfully written with all-inclusive artist's palette, this book so impressed the distinguished judges of the 2009 Mom's Choice Awards that they named it the 2009 Gold Recipient: in Adult--Health, Nutrition, Fitness & Safety category.

"Mama's Home Remedies should be on everyone's bookshelf! A great book! As you read, you'll find yourself



transported to a room full of wise women where you start to feel your own cells stirring with memories of forgotten truths. Use this book to discover the secrets of nature, restore your faith in your body's ability to heal and allow your intuition to guide you towards health and wholeness." -- Little Green Blog

"In the few short weeks I have had this book, it has earned a place on the bookshelf right next to my computer, so that when I need a break, it is right at hand. It is a marvelous vehicle for stress relief." -- Peter A. Gail, PhD, author, books and articles on creative living and edible wild plants, and founder, Goosefoot Acres for Resourceful Living

"For being packed cover to cover with non-stop invaluable wisdom, [this book] is highly recommended to anyone who wants that edge in health and for community library collections on the subject." -- Small Press Bookwatch magazine

"Everyone will benefit from these jewels of understanding and I am sure that you will be as rewarded as I was after embracing many of these natural prescriptions." -- Anna Maria Clement, PhD, NMD Codirector and Chief Health Administrator of Hippocrates Health Institute

Svetlana Konnikova, MA, AN is award-winning author and scriptwriter, educator, founder of Healthy Wisdom Club, expert and an avid researcher of herbal medicines and healthy lifestyles. She travels frequently around the world in a search of botanical discoveries. Her mission is to expose people to the ways other cultures prevent sickness and improve their health. You can learn more by visiting <http://www.mamashomeremedies.com>.

Mama's Home Remedies: Discover Time-Tested Secrets of Good Health and the Pleasures of Natural Living by Svetlana Konnikova MA, AN (ISBN: 9780979175817 hardcover, ISBN:9780979175824 paperback) is available on Amazon, at Barnes and Noble, and Borders. It can be ordered directly from publisher at <http://www.aurorapublishers.com/orders>; <http://www.momschoiceawards.com/webstore>; Moms Choice Awards Amazon store; and by calling Independent Publishers Group: 800.888-4741

Contact: S.Konnikova
Aurora Publishers, Inc.
561.445.8500

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Contact Information

Svetlana Konnikova

Aurora Publishers, Inc.

<http://www.aurorapublishers.com>

561.445.8500

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