



The Kitchen Clinic by Charmaine D'Souza

Posted by [Deepali Pandya](#) on November 28, 2014 at 2:12am in [The Book Club](#)

[← Back to The Book Club Discussions](#)

Had a fall and sprained your leg or hurt your bone?-Have turmeric Milk,
Hair fall?-Consume Amla juice
Weak eyesight?-eat carrots,
Cold and cough?-ginger and honey

We Indians belong to the land with rich knowledge, ancient scientific methods of healing and vast options of food items. Every food item has healing properties, be it spices, vegetables, fruits, grains, or herbs.

As the name suggests, this book offers remedies for every aspect of wellness. Be it day-to-day sickness, chronic illnesses, or hair and skin care, everything can be cured by the ingredients in your Kitchen. The book explains qualities of each item scientifically and its benefits. And then how different conditions can be cured with simple remedies with food.

Charmaine D'Souza is a Naturopath doctor practicing wellness through food. All the facts are based on research and experience.

Her Water Therapy is what attracted me towards the book. It has worked for me.

For example:

Anxiety : Add 5-6 strands of Kesar(Saffron) in 1 ltr water, and keep it for 1 hour. And then consume that water through out the day, you can keep updating the same water. Water therapy should be practiced between later morning 10.30am -Evening 7.30pm.

Remedies for weight reduction, skin glow, depression, increase in metabolism and much more are shared in the book.

As most of us keep Lousie Hay as our Body-Thought Gospel, this one's for health.

Happy reading