

## Everyone Should Know About Medicinal Uses Of These 22 Common Foods & Spices

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If you would prefer to use natural remedies instead of pharmaceutical medicines, this is something you don't want to miss out on. This information is also particularly important for preppers and those concerned about what the future may bring... If there is ever a total collapse or SHTF event, it will become difficult, if not impossible, to get hold of medicines from the pharmacy/doctors etc.

This list details the medicinal properties of 22 common foods and spices and it also includes advice on dosage and preparation of many of the remedies

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(Photo from: [Chugy](#))