Health Care at Home

If you’re seeking to learn how to handle simple health issues at home through inexpensive, safe methods, you’ve completed your first step towards independence in your healthcare….searching. Learning to take responsibility for your and your family’s health is empowering, safe and cost efficient. For thousands of years parents have been the nurturers, caregivers, birth attendants and healers. It is only since the last century that the “business” of health has been turned over to a member outside of the family.

The information provided in this article is for educational purposes only and may not be construed as medical advice. The reader is encouraged to make independent inquiries and to seek the advice of a licensed health care provider.