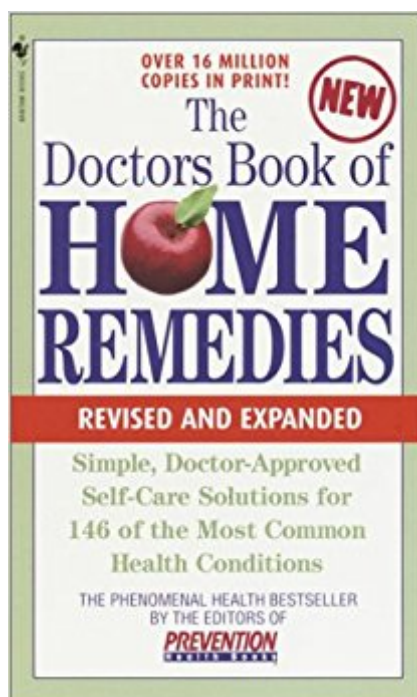


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The Doctors Book Of Home Remedies: Simple Doctor-Approved Self-Care Solutions For 146 Of The Most Common Health Conditions, Revised And Expanded (The ... Library Of Prevention Magazine Health Books)



Synopsis

What do doctors do when they get sick? The editors of Prevention Magazine Health Books asked more than 500 of the nation's top specialists to recommend their best doctor-tested and easy-to-follow remedies for 138 illnesses and maladies. This complete, practical guide contains the distilled experience of health professionals who offer more than 2300 accessible healing tips for the most common medical complaints. In this handy reference you will find curative techniques and symptom-relieving treatments for bladder infections, depression, emphysema, headaches, premenstrual syndrome, toothaches, and much more. Here are invaluable at-home solutions for annoying afflictions such as canker sores, dandruff, and snoring as well as methods for coping with more serious health problems such as high cholesterol, ulcers, and backaches. The Doctors Book Of Home Remedies is like having a doctor on call 24 hours a day. So treat yourself to this prescription for health and stay well.

Book Information

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Customer Reviews

Designed as a reference to help the consumer make informed choices about health, this source book includes more than 2000 self-help remedies for everyday health problems, alphabetically arranged in an easy-to-read format. Each entry provides a description, tips, techniques, and causes for medical concern. Compiled after interviewing medical experts in the appropriate fields, the collection of home-care solutions in each section ends with a list of a panel of advisors. Not an essential purchase; recommended where interest warrants as a supplement to standard health

books.- Marilyn Rosenthal, Nassau Community Coll. Lib., Garden City, N.Y. Copyright 1990 Reed Business Information, Inc. --This text refers to the Hardcover edition.

What do doctors do when they get sick? The editors of Prevention Magazine Health Books asked more than 500 of the nations top specialists to recommend their best doctor-tested and easy-to-follow remedies for 138 illnesses and maladies. This complete, practical guide contains the distilled experience of health professionals who offer more than 2300 accessible healing tips for the most common medical complaints. In this handy reference you will find curative techniques and symptom-relieving treatments for bladder infections, depression, emphysema, headaches, premenstrual syndrome, toothaches, and much more. Here are invaluable at-home solutions for annoying afflictions such as canker sores, dandruff, and snoring as well as methods for coping with more serious health problems such as high cholesterol, ulcers, and backaches. The Doctors Book Of Home Remedies is like having a doctor on call 24 hours a day. So treat yourself to this prescription for health and stay well. --This text refers to the Hardcover edition.

Most of the remedies that are in this book are for products that you have to buy over the counter. It's has very little to do with herbal remedies. Its pretty much what your mother or doctor would tell you to do. For example, remedies for acne include: wash your face, don't pick at whiteheads, change your makeup and wear less makeup, use over the counter medicine with benzoyl peroxide, moisturize dry skin, don't get sunburned, and don't overuse over the counter acne medicine. It says on the cover "self-care solutions" that usually means common sense stuff, over-the-counter, but not herbal medicine.

I use this book every once in a while because they have good remedies that you could use from the products we keep in our home..

I reference this often to see if there is anything else I can try. It's not all-inclusive. Tons of home remedies and ailments out there. If you are already well-versed in alternative remedies, this won't be that helpful to you. If you own a smart phone and look everything up on the internet, don't know that you'd need this. I like having hard copies to reference. alphabetical order by ailment-- easy to find what you're looking for.

It was okay but I was looking for a medical home remedy book that they send out years ago to

everyone through the mail. It had all type of home remedy and it had more information then this book has. It was back in the seventies. But thanks for this book as well.

Even though the book is smaller than I expected, it is chalked full of great information and remedies for almost everything you can think of. I bought this to be prepared and not to go to the doctor everytime I have a stomach ache, toothache, bloody nose, etc. It explains in detail the usual root of every problem and many, many solutions on how to remedy. I recommend this book for every house hold. It is a great reference, extremely informative, and well written by a full array of professionals in the medical field.

I have found this book to be very helpful.

Very well pleased with item and service

Very helpful

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