



Doctor's Book of Home Remedies: Simple, Doctor-Approved Self-Care Solutions for 146 Common Health Conditions

The Editors of Prevention Health Books

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It's hard to make a great book even better, but we've done it.

The revised and updated *Doctors Book of Home Remedies* cuts through the clutter of health information to deliver the best, straightforward advice from the nation's top doctors and specialists.

Covering new ground in every chapter, this indispensable health classic now offers even more valuable tips for addressing serious problems such as high blood pressure, diabetes, and depression, as well as solving a variety of everyday health complaints such as pizza burn and motion sickness. From acne to age spots, from teething to pet problems, you'll have the information you need to help the whole family, right in the privacy of your own home.

Organized in a handy format with a comprehensive index, every chapter provides easy-to-follow remedies that show you how to use things you probably have around the house. You'll find out how to make the most of common foods such as honey, bananas, and oatmeal. You'll learn which vitamins and over-the-counter medications you should use and when. You'll even discover new ways to make the mind-body connection and how to tap into the unique healing power of the herbs that might be growing in your own backyard.

Among the thousands of helpful remedies are those that will show you how to:

- * Control excessive worrying
- * Calm a rapid heartbeat
- * Prevent jet lag
- * Relieve ulcer pain
- * Cope with carpal tunnel syndrome
- * Head off your next headache
- * Soothe an upset stomach
- * Get a good night's sleep
- * Stop a nosebleed
- * Conquer weight problems

Trusted. Valued. Essential. *The Doctors Book of Home Remedies* is sure to address your most frequent health questions with practical, useful answers. this book endures as a superb one-stop resource that will offer you and your family peace of mind for many years to come.

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From reader reviews:

Colby McCray:

Spent a free a chance to be fun activity to complete! A lot of people spent their down time with their family, or their friends. Usually they undertaking activity like watching television, planning to beach, or picnic from the park. They actually doing same every week. Do you feel it? Would you like to something different to fill your personal free time/ holiday? Can be reading a book might be option to fill your free time/ holiday. The first thing that you will ask may be what kinds of guide that you should read. If you want to test look for book, may be the e-book untitled Doctor's Book of Home Remedies: Simple, Doctor-Approved Self-Care Solutions for 146 Common Health Conditions can be great book to read. May be it can be best activity to you.

Veronica Gregor:

This Doctor's Book of Home Remedies: Simple, Doctor-Approved Self-Care Solutions for 146 Common Health Conditions is great guide for you because the content which is full of information for you who also always deal with world and get to make decision every minute. This book reveal it info accurately using great arrange word or we can say no rambling sentences included. So if you are read that hurriedly you can have whole data in it. Doesn't mean it only offers you straight forward sentences but tough core information with wonderful delivering sentences. Having Doctor's Book of Home Remedies: Simple, Doctor-Approved Self-Care Solutions for 146 Common Health Conditions in your hand like keeping the world in your arm, facts in it is not ridiculous 1. We can say that no e-book that offer you world inside ten or fifteen second right but this e-book already do that. So , this really is good reading book. Hi Mr. and Mrs. hectic do you still doubt that will?

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