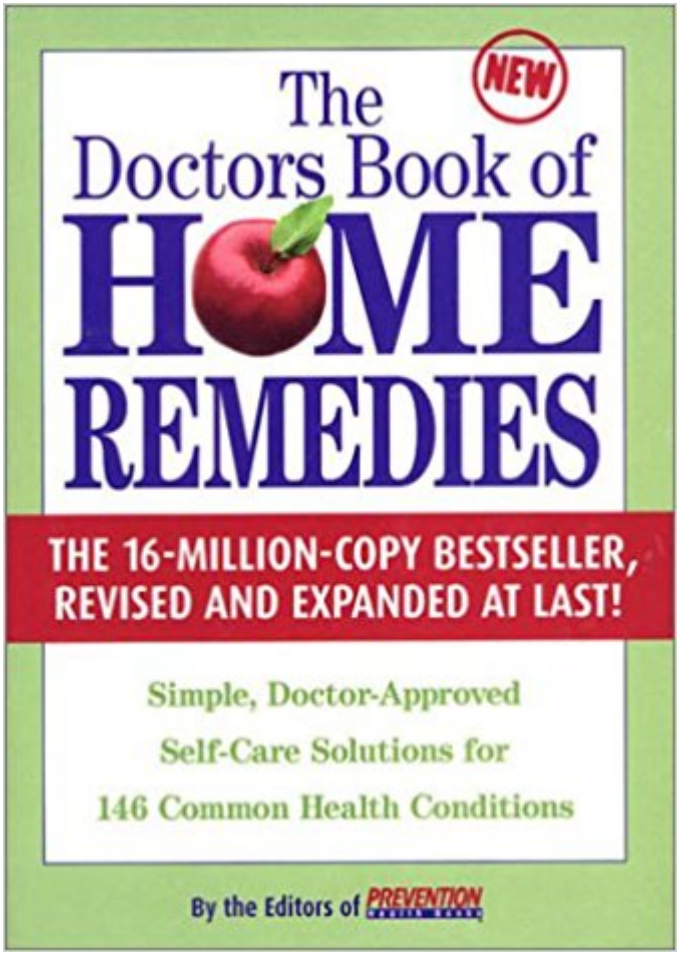
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Doctor's Book Of Home Remedies: Simple, Doctor-Approved Self-Care Solutions For 146 Common Health Conditions



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Synopsis

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 depresion, 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 problemsTrusted. 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.

Book Information

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Customer Reviews

Health care gets another draught of do-it-yourself spirit in the updated version of this 1990 bestseller (some 16 million copies were sold, and it was translated into more than 20 languages). Employing advice culled from hundreds of doctors, the editors present an A-to-Z of common ailments from asthma to menopause to warts, and multiple suggestions about what to do about them. Included within are "8 Tips to Stop the Cough," "14 Soothing Ideas" for lactose intolerance, "12 Comforting Steps" for vaginal infections and "35 Hints for a High-Energy Life." The advice isn't always assured-e.g., witch hazel for cold sores is something patients "claim...really helps

The Doctors Book of Home RemediesSimple, Doctor-Approved Self-Care Solutions for 146 Common Health ConditionsIt'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 depresion, 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 problemsTrusted. 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.

I like the previous edition better that I had though it was 15 years older so definitely medical info updated but there is WAY too much information for me to use it as a quick reference like I did

before. Probably just trying to cover themselves legally.

I have had my copy for many years and when my daughter was visiting she was reading it and said that had she had this, as a mother of 2 small children, it would have saved many a visit or call to the doctor. So.....I ordered her a copy (used but it was in very good condition). Not a "cure-all" by any means but offers simple remedies for minor ailments and helps to make the decision whether to call the doctor or not.

I found this book so very helpful. I have a couple of health issues that can be controlled with dietary monotoring, but sometimes we wonder, is this ok or not, should I have this food, or not, and this book tells me what I needed to know, and it is written in a very frank way, leaving no doubt as to what you are being told. Of course no book can take the place of seeing your Dr., but this book answers so many questions.

No home should be without this book.

Great book for what you need to do when you get sick.

Very interesting. Many wonderful and practical ideas . Some I would never use but many I will. A great reference! Some I already knew. You really find that you have many remedies right in your home under your nose.

This is an good book to have in your home library, if you are interested in using practical home remedies.

I had to buy this for my daughter when she got married.. every house should have this book! the seller had it in stock and shipped it really quickly! Thanks!

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