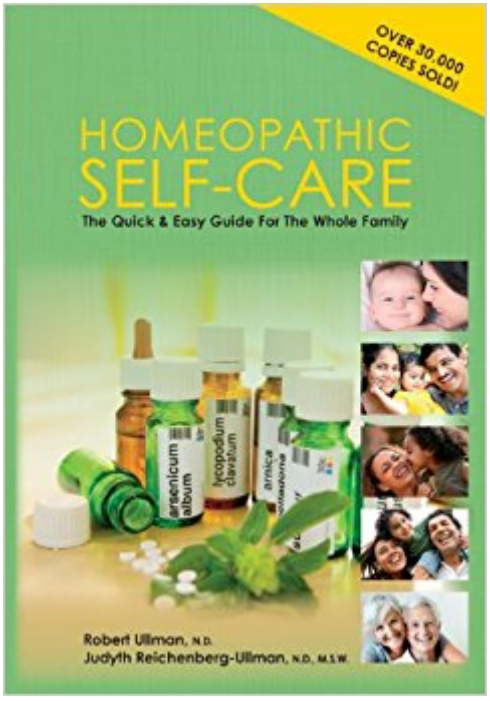
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Homeopathic Self-Care: The Quick And Easy Guide For The Whole Family



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Synopsis

Homeopathic Self-Care | Price: $22.95 Simply put, this is the most user-friendly and effective book you will find on how to treat yourself and your family with homeopathy. What will first jump out at you are the striking graphics: easily readable icons, charts for each of 70 different conditions with the most significant symptoms in bold, and crystal-clear instructions on how and when to take each medicine and what to expect in your healing. Also unique to this book are specific self-care suggestions that we recommend to our patients, in addition to homeopathy, for every condition in the book as well as an optional self-care medicine kit containing the 50 medicines we most commonly prescribe for first-aid and acute conditions.

Book Information

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Average Customer Review: 4.5 out of 5 stars 18 customer reviews

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Customer Reviews

Homeopathy Is Now as Easy as 1, 2, 3Homeopathy is growing in popularity by leaps and bounds. More and more people are realizing that it really does work, and can be used to treat a wide range of common health problems. Now, thanks to a new book by best-selling authors Judyth Reichenberg-Ullman and Robert Ullman homeopathy can be used easily, safely, and effectively by anyone. In "Homeopathic Self-Care: The Quick and Easy Guide for the Whole Family, readers will learn to recognize and treat more than 70 specific conditions using a clear, step-by-step approach. It really can be as easy as 1, 2, 3 if you "look, listen, and "ask the right questions. The book is clearly written, and organized in an easy-to-use format that will appeal to anyone interested in learning more about homeopathy. In addition, dozens of the most commonly used homeopathic medicines are listed; a glossary is included; and there are tips for obtaining a homeopathic self-care medicine

kit.

Book has good information and remedies. I have use this a handful of times this winter. My biggest complaint is the index in the back lists page numbers but they don’t always line up with the actual content. The pages are a few numbers off. Also as you thumb through the book the conditions are alphabetically listed but it is hard to find them as you flip through the book. Having headers would greatly help the layout of the book. Overall content was good the layout could use help.

This is an excellent go-to book for the effective homeopathic treatment of a variety of common ailments such as headaches, colds, body aches, bug bites, poison ivy, skin rashes, stomach aches, etc. It also is written in an easy straight forward mannor and covers the basics of homeopathy - so if you are just getting started then its a great place to learn the basic ideas. Everyone with kids should have a copy of this book on hand at all times. It will save them money going to the conventional doctors office and frustration from their treatments barely working. The book features an optional companion homeopathic remedy kit (sold separately) which has all of the remedies listed in the book; which is convenient. I also liked that the authors are naturopathic doctors so they include naturopathic treatment ideas (herbs and vitamins) for every ailment. The only drawback of the book is that it could include more ailments. Hopefully in future editions they will expand the number of ailments covered in the book. On a related note, another great homeopathic/naturopathic book is "Prescription for Natural Cures" which goes well with this book since it includes ailments not covered in this book. Overall, I definitely highly recommend this book and especially to all parents out there.

My absolute favorite homeopathy book! We use this to take care of our families acute medical needs and it has never failed me. Cannot recommend it enough!! I’ve bought several for different friends as gifts as they’ve started learning about h-pathy.

As a newbie to Homeopathy this has turned into my go-to for everything! I have about 15 books on the subject & this is hands down my favorite quick reference.

Each concise repertory. Decent materia medics. Easy to use and understand. An excellent at- home go-to reference.

Got to have this book!

I am yet to read the book. But it looks to be very interesting and promising.

very informative

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