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The

## Doctors Book of

# HOME REVEDIES

## **REVISED AND EXPANDED**

Simple, Doctor-Approved Self-Care Solutions for 146 of the Most Common Health Conditions

THE PHENOMENAL HEALTH BESTSELLER BY THE EDITORS OF



## Prevention Magazine Editors

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)



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What do doctors do when they get sick? In this handy reference you will see curative techniques and symptom-relieving treatments for bladder infections, depression, emphysema, headaches, premenstrual syndrome, toothaches, and much more. This full, practical guide contains the distilled encounter of health professionals who offer a lot more than 2300 accessible healing suggestions for the most typical medical problems. The editors of Prevention Magazine Health Books asked more than 500 of the nations best specialists to recommend their finest doctor-tested and easy-to-follow remedies for 138 ailments and maladies. Listed below are invaluable at-home solutions for annoying afflictions such as canker sores, dandruff, and snoring in addition to methods for dealing with more serious health problems such as raised chlesterol, ulcers, and backaches. Therefore treat you to ultimately this prescription for health insurance and stay well. The Doctors Reserve Of Home Remedies is certainly like having a doctor on call 24 hours per day.



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Home Remedies I think this reserve tells many ways you can try healing yourself in the home. It never says don't visit the doctor, but I've always been someone to try to "help" myself.. Should you have minimum health issues, this reserve may save you a doctor's expenses. I usually have pretty good health, but I really do have problems with back pain, allergies, and leg discomfort. And recently been dealing with head-aches.. I would suggest to anyone that is smart enough to visit a real doctor when required, but if it's a mild condition, you might just find a remedy in this book. No so home-remedy Most of the remedies that are in this book are for products you need to buy over-the-counter. Its virtually what your mother or doctor would tell you to do. It's has hardly any to do with herbal remedies. For instance, remedies for pimples include: wash your face, don't pick out at whiteheads, transformation your makeup and wear less makeup, use over-the-counter medication with benzoyl peroxide, moisturize dry skin, do not get sunburned, and don't overuse over the counter acne medicine.. helpful easy to read reference book I reference this frequently to see when there is anything else I could try. alphabetical order by ailment-- easy to find what you are considering. Tons of home remedies and ailments out there. If you own a good phone and appearance everything up on the internet, don't know that you'd need this. In case you are already well-versed in option remedies, this won't be that helpful to you. I like having hard copies to reference. It's not all-inclusive. It's ok. Seems to be a whole lot of information. Appears to be a whole lot of information to resolve just a handful of problems.. The entire family has referrred to the for a number of interests and needs.. Good household reference. .. But whatever your position, they have a fix for most ills. I use this book every once in a while because they have good remedies that you could use from the merchandise we keep in our house.. It says on the cover "self-care solutions" that usually means common sense stuff, over-the-counter, however, not herbal medicine. reserve every once in a while because they have good remedies that you could use from the merchandise we . Should you have a boil, it tells how exactly to look after it. Thought there would be more ailments mentioned. It's ok. Interesting and handy. Excellent home reference Excellent reference Five Stars Very well pleased with item and service Two Stars old but good information Four Stars Very helpful Doctors Book of Home Remedies Revised and Expanded Edition Paperback Awesome book.



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