

10th Edition

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The Complete
Illustrated Guide
to Medical
Self-Care

Take Care of YOURSELF

Easy-to-Use Decision Charts
Explain Over 175 Health Problems



James F. Fries, MD, and Donald M. Vickery, MD

James F Fries and
Take Care of Yourself, 10th Edition: The Complete Illustrated Guide to
Self-Care



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A revised edition of the basic self-care guide, with new study on aging. "Every family should have this reserve"(Annals of Internal Medication). Easy to use, actually in a crisis, the easy-to-navigate flowcharts assist you to quickly research your symptoms and discover an explanation of most likely causes and possible home remedies, along with suggestions on when you is going see a medical expert.Continuing to break fresh surface after forty years in print, Take Care of Yourself is the go-to guide meant for in the home self-care. With new info on the Zika virus, prescription discomfort relievers, and various other pertinent updates throughout, Take Care of Yourself remains your path to the most comprehensive and reliable self-care. This fresh edition explains the latest research on how best to postpone maturing and you skill to prevent chronic disease and stay in your very best shape as you age. This comprehensive guide addresses emergencies, over 175 healthcare concerns, the twenty items you should keep in a house pharmacy, and how to work best with your doctor.



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Good Resource I've had this publication both in printed type, and now on my Kindle. I appreciate both formats; Healthy Fat --- Canola, Soy. In the end, not all medical problems happen while you have access to the printed copy. The Kindle version seems well-formatted, and I love the simplicity of the desk of contents, etc. Study leads me to trust that neither of these yield healthful benefits (you can research and find out for yourself). It has helped me understand when I can save my money and time by dealing with myself or kids in the home, and when I should surely visit the doctor. I find that the authors wrote in a reassuring way, to convince the visitors that they probably have the power to help themselves more often than they might think.. That way it is always obtainable when I travel. Predicated on testimonials I intentionally chose the 2000 version rather than the newer one since it retains the chart system of information I adored in the initial edition... Really helpful book.. We've utilized it for colds, bee stings, eliminating a tick, and treating blisters. Useful I've the Kindle edition of this book, and it is a single item I usually keep on these devices (instead of Cloud) on my iPhone Kindle app. Five Stars Useful book to have at the ready Really helpful book. Although I've rarely had to use it, the descriptions of diagnoses and home based treatments are clear and simple. When I came across the 2000 edition I bought three -- one for myself and one each for each of our grown daughters. Very Good A little short about information, but the flow-chart format on what to do when you are troubled and confused is quite reassuring. Looks very great to use atlanta divorce attorneys day existence for me personally and mine For taking treatment of myself, my grandchildren and my kids and husband, thanks thus much for the reserve what more may i say! Good info I purchased this book in a suggestion of a pal. Need more period to check on it out! What I've seen has been extremely good. Excellent to have around the house. the Kindle helps it be ideal for when I'm on the go. Very practical, no-nonsense information regarding when do you need to go see a medical expert (or get to a healthcare facility), so when and how you can just treat something at home. I certainly would recommend this as a well-written basic reference for anyone. Actually?. In the dietary assistance section on healthy body fat to take, I saw Canola.. I bought the Audible version, and immediately viewed the accompanying pdf. So, since I noticed that, I figured all of those other advice in the reserve might not be something I'd follow. In either case, the content is the important point, and I have generally found it easy to navigate and search, easy to understand, and filled with sensible advice. Soy. Updated Edition I nearly wore out the initial version We received as something special in the '80s. Excellent to have throughout the house We probably owned half days gone by editions. This is an excellent, practical book that has reveal medical queries for me many times. Very useful, no-nonsense information about .



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