

# THE DOCTORS BOOK *of* HOME REMEDIES

20th  
Anniversary  
Edition

THE CLASSIC CONSUMER HEALTH REFERENCE—  
FULLY EXPANDED AND UPDATED!



QUICK FIXES, CLEVER TECHNIQUES,  
AND UNCOMMON CURES  
TO GET YOU FEELING BETTER FAST

By the Editors of **Prevention**

Prevention Magazine Editors

## The Doctors Book of Home Remedies: Quick Fixes, Clever Techniques, and Uncommon Cures to Get You Feeling Better Fast



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Once the original Doctors Book of HOME CURES published in 1990, it became the cornerstone of the oldest and arguably probably the most successful franchise in the history of Rodale Books. But this volume is more comprehensive, more authoritative, and more accessible than ever, presenting all-brand-new remedies for a lot more than 200 circumstances, culled from interviews with a huge selection of physicians and other healthcare professionals. how a mixture of bananas and avocado can moisturize dried out hair; This recently expanded and updated edition delivers the practical, trustworthy advice that visitors have come to anticipate from the Doctors Book brand. Twenty years, ten spinoffs, and an incredible number of copies afterwards, the Doctors Book remains as well-known as ever. Readers will quickly realize how rubbing aspirin over an insect bite can end swelling; how table sugar can help heal a minor lower; how sipping soda that's gone flat can calm a queasy stomach; It's easy to understand why: Home remedies are inexpensive, effective, and perfect for everyday ailments that do not require hands-on medical care, as well as for chronic conditions that can reap the benefits of ancillary therapies. how soaking their foot in tea can decrease odor; and much more. Loaded from cover to cover with dependable, user-friendly tips and techniques, The Doctors Book of Home Remedies - by the editors of Avoidance - is similar to having your physician on call 24/7.



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Very Informative Book This book arrived very quickly and it's really in like new condition. I took it over to present it to my Mom, and she stated that her Mom used most of the same remedies that are in this book. That was back through the "Great Melancholy of 1928". So much of this is being forgotten because it isn't taught much anymore. Actually glad I ordered this book. Plus a number of these products most people have on hand at home or purchase cheaply. Much of the information is merely common sense that everyone knows. This is a decent book; Contents are great house remedies for all sorts of complications that do work at a fraction of the price to working to the doctor, clinic, or er. This first type of defense can help you save considerable time and money. Has some great remedies and the foundation of this information, (I was told ) has been around for very long time. Very useful! Great quality book with sound advice. having access to the internet) this would be my reserve of choice. Excellent reference Great legacy informations that make use of to be passed on through generations. With therefore much misleading details on the internet, I thought she might such as a sound source of information so I got this on her behalf. The book is quite good with great illustrations, a complete index, and clear writing. Have considered often purchasing one for myself.. Not a repair all but exceptional everyday alternatives. This is a decent book; For example, under the topic Insomnia, among the remedies was to avoid caffeine. 2009 version As expected – Published in '09 2009, so a bit out of date. comprehensive and understandable. .. The only "problems" I got with it had been that I could discover the same information on the internet and that there was so much more than I was thinking about (subject wise). The Doctors Publication of HOME CURES: Quick Fixes Book arrived in good shape. comprehensive and understandable..EASILY was restricted to only a book, though, (vs. I bought this for a friend who is a young mother of two. Good, common sense, affordable alternatives Some of these things, many really, work better compared to the traditional "cures." Much of this is just common sense. We was disappointed in this reserve. I was informed they make use of to print a every week magazine with one of these remedies being released. I got hoped to find old-fashioned home cures that your grandmother could have used. This is NOT that kind of book. But a lot don't change. As much for the design and easy to read formatting, this publication from Prevention can do some light duty in your daily upsets Whilst somewhat repetitive and overstated in its efficiency for treating the wide topic-- that is a friendly and easy to use bit of light information and recipes to deal with the mild sort of physical upsets homeopathically and naturally. It is a very interesting book Really am exciting on the subject of using this book Five Stars great Medical Home Remedies Information is very informative ! I highly recommend this book. Very useful!. She was beginning to obtain interested in natural treatments for the sake of her family.



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