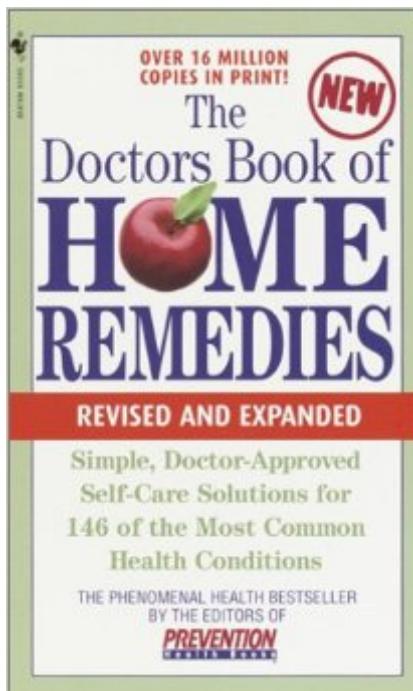


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# **The Doctors Book Of Home Remedies: Simple Doctor-Approved Self-Care Solutions For 146 Of The Most Common Health Conditions, Revised And Expanded (The Library Of Prevention Magazine Health Books)**



## **Synopsis**

What do doctors do when they get sick? The editors of Prevention Magazine Health Books asked more than 500 of the nations top specialists to recommend their best doctor-tested and easy-to-follow remedies for 138 illnesses and maladies. This complete, practical guide contains the distilled experience of health professionals who offer more than 2300 accessible healing tips for the most common medical complaints. In this handy reference you will find curative techniques and symptom-relieving treatments for bladder infections, depression, emphysema, headaches, premenstrual syndrome, toothaches, and much more. Here are invaluable at-home solutions for annoying afflictions such as canker sores, dandruff, and snoring as well as methods for coping with more serious health problems such as high cholesterol, ulcers, and backaches. The Doctors Book Of Home Remedies is like having a doctor on call 24 hours a day. So treat yourself to this prescription for health and stay well.

## **Book Information**

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## **Customer Reviews**

I have used this book as a reference guide for everything between athlete's foot to zinc and I have found it to be very useful. In fact, I loaned the book to my brother and he refuses to give it back. I bought another copy for me and a few more for gifts. Not everything that they recommend works, but I have a high deductible for medical insurance, and I have saved many trips to the doctor by reading this book.

I've had this book for about 5 years, and it's been very useful when I or one in my family gets sick. What I like most about the book is that it gives you remedies that don't mean heavy medicines, for instance, honey, aspirin, alcohol, oatmeal, things that you usually have around your home. It contains an index of "illnesses" like jet-lag, the flu, cramps, stomachaches, heartburn, fever, it tells you what to do and when, if necessary call the doctor. It is a highly recommended book, you won't waste your money here.

A handy well written and wonderfully researched guide to just about everything that can go wrong with the health of every family member. Their advice and answers to every day health questions and problems is like having a doctor on call 24 hours a day. It's also great for piece of mind or educating yourself on problems your friends or family members may be experiencing. Even after a visit to the doctor I often further educate myself by looking up the information in their comprehensive index section. My wife and I were amazed how often we picked it up to refer to it. On lots of minor problems it saves a trip to the doctor, plus the Publisher Rodale and Prevention are perhaps the leading publishers in the world on Health and Fitness.

This isn't one of those books that use esoteric herbs and strange cures that may or may not work. This book is full of advice by real doctors, meaning the advice is based on medical knowledge, not lore passed down from generations before. It's also full of useful information on everyday problems ranging from stiff necks to insomnia. I'm very glad I got it!

This book, along with the Home Remedies 2 version, have been a staple in our home for several years. Practical advice well organized.

Most of the remedies that are in this book are for products that you have to buy over the counter. It's has very little to do with herbal remedies. It's pretty much what your mother or doctor would tell you to do. For example, remedies for acne include: wash your face, don't pick at whiteheads, change your makeup and wear less makeup, use over the counter medicine with benzoyl peroxide, moisturize dry skin, don't get sunburned, and don't overuse over the counter acne medicine. It says on the cover "self-care solutions" that usually means common sense stuff, over-the-counter, but not herbal medicine.

I can't count how many times this book has helped my family and me over the years! We have to

older version which is just fine for most things however, I'm ordering the newer anyway for the updates. The ONLY negative I found was that some of the intros for the doctors in each remedy were so long, they took up most of the remedy so really, without the doc intro's the book would be smaller which is good (less bulky in the middle of the night)! Maybe the writers can mention the docs in an intro chapter because some of them are mentioned twice or more in the book. Make since? GREAT BOOK THOUGH!

I think this book tells many ways you can try healing yourself at home. It never says don't go to the doctor, but I have always been one to try and "help" myself. If you have a boil, it tells how to care for it. If you have minimum health issues, this book may save you a doctor's bill. I usually have pretty good health, but I do have issues with back pain, allergies, and leg pain. And more recently been dealing with head-aches. But whatever your situation, they have a remedy for most ills. I would recommend to anyone that is smart enough to go to a real doctor when needed, but if it's a mild condition, you might just find an answer in this book.

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