

Prescription Alternatives: Hundreds of Safe, Natural, Prescription-Free Remedies to Restore and Mantain Your Health

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Abstrak

Completely revised and updated, this important book covers the side effects and potential dangers of all the major prescription drugs. Dr. Earl Mindell, a trusted voice for decades, shows reader show they can replace commonly used prescription drugs with safer, natural alternatives or use nutrition to minimize side effects when prescription drugs are truly necessary.