

The Complete Home Health Advisor: Instant Access to Leading Cures, Reliable Remedies, Self-help Strategies, and Life-saving Facts

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Abstrak

For everyone with health concerns, this is teh ultimate 'book of lists' with eight sections covering self-help topics, medical tests and procedures, best places to get health care, crucial facts about the human body, health statistics, alternative choices, sources of information and health products, and '29 youth-preserving tips from America's top health authorities.'