

The Doctors' Book of Home Remedies: Simple, doctor approved self-care solutions for over 140 common health problems

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Abstrak

This is a compilation of tried and tested remedies that the reader can administer at home themselves. Every remedy is doctor-approved. The book suggests over-the-counter remedies for more than 140 common health problems. It explains which symptoms you can treat yourself and when you really must see a doctor. It also offers a variety of solutions for each problem, including household remedies, herbs and supplements - and helps you decide which is best for you.