

The Doctors Book of Home Remedies: Thousands of Tips and Techniques Anyone Can Use to Heal Everyday Health Problems

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=9999920580123&lokasi=lokal>

Abstrak

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.