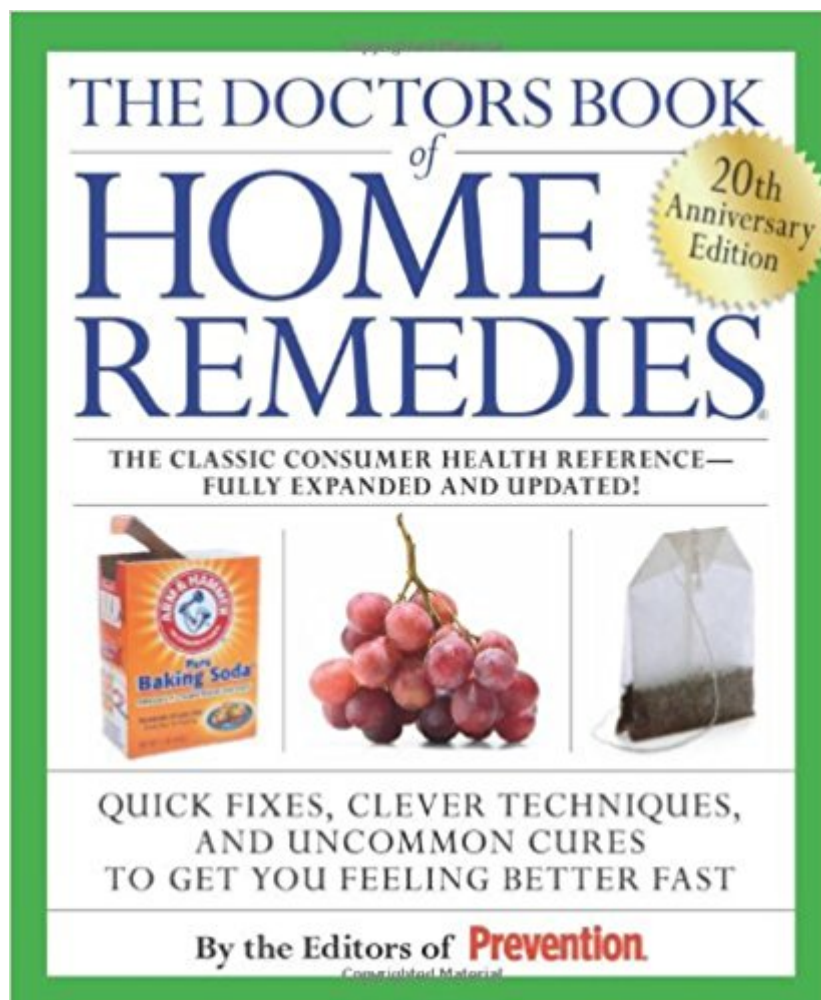




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# The Doctors Book Of Home Remedies: Quick Fixes, Clever Techniques, And Uncommon Cures To Get You Feeling Better Fast



## Synopsis

When the original Doctors Book of Home Remedies published in 1990, it became the cornerstone of the oldest and arguably the most successful franchise in the history of Rodale Books. Twenty years, ten spinoffs, and millions of copies later, the Doctors Book remains as popular as ever. It's easy to understand why: Home remedies are inexpensive, effective, and ideal for everyday ailments that don't require hands-on medical care, as well as for chronic conditions that can benefit from ancillary therapies. This newly expanded and updated edition delivers the sensible, trustworthy advice that readers have come to expect from the Doctors Book brand. But this volume is more comprehensive, more authoritative, and more accessible than ever, presenting all-new remedies for more than 200 conditions, culled from interviews with hundreds of physicians and other health care professionals. Readers will discover how rubbing aspirin over an insect bite can stop swelling; how table sugar can help heal a minor cut; how soaking their feet in tea can reduce odor; how a mix of bananas and avocado can moisturize dry hair; how sipping soda that's gone flat can quiet a queasy stomach; and much more. Packed from cover to cover with reliable, user-friendly tips and techniques, The Doctors Book of Home Remedies - by the editors of Prevention - is like having a physician on call 24/7.

## Book Information

Paperback: 704 pages

Publisher: Rodale Books; 20th Anniversary ed. edition (March 2, 2010)

Language: English

ISBN-10: 1605298662

ISBN-13: 978-1605298665

Product Dimensions: 7.7 x 1.8 x 226.8 inches

Shipping Weight: 2.3 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 55 customer reviews

Best Sellers Rank: #120,493 in Books (See Top 100 in Books) #13 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Reference #125 in Books > Health, Fitness & Dieting > Safety & First Aid #154 in Books > Health, Fitness & Dieting > Reference

## Customer Reviews

PREVENTION MAGAZINE, America's leading lifestyle publication, reaching an audience of more than 11 million readers, has been covering the latest developments in health, nutrition, fitness, and medicine for more than 60 years. Consumers recognize it as the nation's most authoritative, trustworthy, and innovative source for practical health information.

This book arrived very quickly and it's in like new condition. I took it over to show it to my Mom, and she said that her Mom used a lot of the same remedies that are in this book. That was back during the "Great Depression of 1928". So much of this is being forgotten because it's not taught much anymore. Really glad I ordered this book. Has some great remedies and the source of this information, (I was told ) has been around for very long time. I was told they use to print a weekly magazine with these remedies being published.

it is nice to have when you want to explore ways to help with small ailments.

Book arrived in good shape. Contents are great home remedies for all kinds of problems that do work at a fraction of the cost to running to the doctor, clinic, or emergency room. This first line of defense can save you a lot of time and money. Plus many of these items most folks have on hand at home or purchase cheaply. I highly recommend this book.

great

I bought this for a friend who is a young mother of two. She was starting to get interested in natural remedies for the health of her family. With so much misleading information on the internet, I thought she might like a sound source of information so I got this for her. The book is very nice with great illustrations, a full index, and clear writing. Have considered many times buying one for myself...

This has some really great info that I didn't already know about. I am glad I bought this. It is so worth every penny.

I was disappointed in this book. Much of the information is just common sense that everyone knows. I had hoped to find old-fashioned home remedies that your grandmother would have used. This is NOT that kind of book. For example, under the topic Insomnia, one of the remedies was to avoid caffeine.

This is a decent book; comprehensive and understandable. The only "problems" I had with it were that I could find the same info on the internet and that there was so much more than I was interested in (subject wise). If I was restricted to just a book, though, (vs. having access to the

internet) this would be my book of choice.

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