



The Doctors Book of Home Remedies for Preventing Disease

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Simple Steps That Safeguard Your Good Health

This invaluable guide to preventive medicine puts the keys to good health where they belong: in your own hands. From interviews with hundreds of experts and the most recent research, here are more than 2,000 tips to help block pain, discomfort, sickness, and infections, ranging from minor annoyances to life-threatening conditions.

These simple strategies use common foods, healing herbs, easy stretches, mind-body exercises, and over-the-counter medications and supplements to ward off future health problems-before they start.

This complete and practical guide covers more than 140 conditions in all, sharing simple techniques that help ensure lasting health and cut the risk of:

ALZHEIMER'S DISEASE
ALLERGIC REACTIONS
ARTHRITIS
BACK PAIN
BLISTERS
CATARACTS
COLDS AND FLU
EARACHES
GALLSTONES
HEART DISEASE
HEARING LOSS
HIGH BLOOD PRESSURE
INCONTINENCE
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Playing with family in a park, coming to see the coastal world or hanging out with buddies is thing that usually you have done when you have spare time, then why you don't try issue that really opposite from that. 1 activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love The Doctors Book of Home Remedies for Preventing Disease, you may enjoy both. It is excellent combination right, you still wish to miss it? What kind of hang type is it? Oh can occur its mind hangout people. What? Still don't understand it, oh come on its known as reading friends.

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