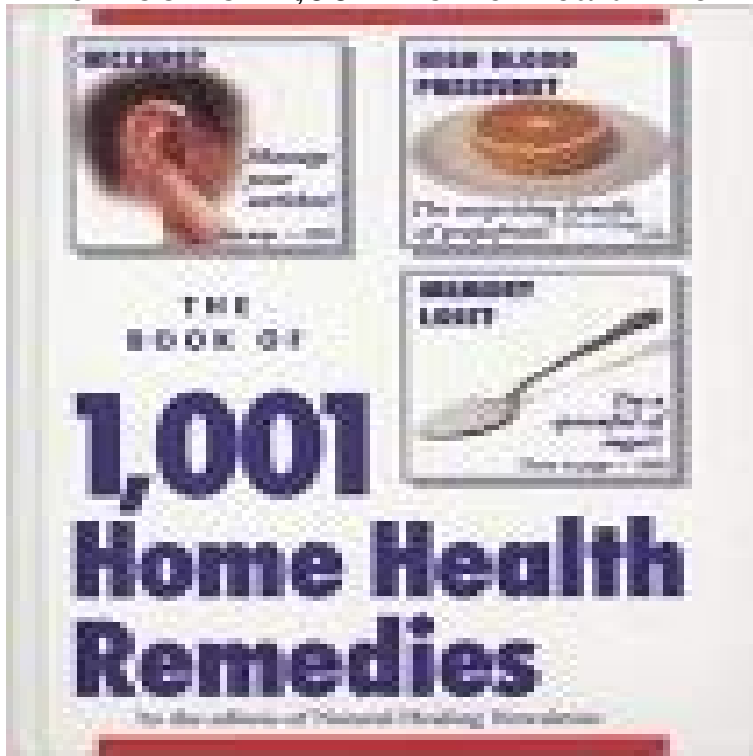


The Book of 1,001 Home Health Remedies



The best defense against poor health is knowledge - knowing what's good for you and what's not. However, it's not easy to lay your hands on just what you need to know. The Book of 1,001 Home Health Remedies is a great place to start. Compiled from the research of thousands of medical journals, The Book of 1,001 Home Health Remedies covers all health concerns, both big and small - from acne to cancer. It includes plenty of home remedies you can use to treat yourself, such as how to make a better ice pack, stop a nosebleed properly, have fewer colds, eat better meals, buy the safest and best medicines, and even suggestions on how to live a healthier life longer. You'll also find late-breaking news to share with your doctor, including the best time for certain surgeries and the latest word on asthma drugs. Whether your health problems are commonplace or a little more complicated, The Book of 1,001 Home Health Remedies can help you live a better, healthier! life. --This text refers to an out of print or unavailable edition of this title.

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