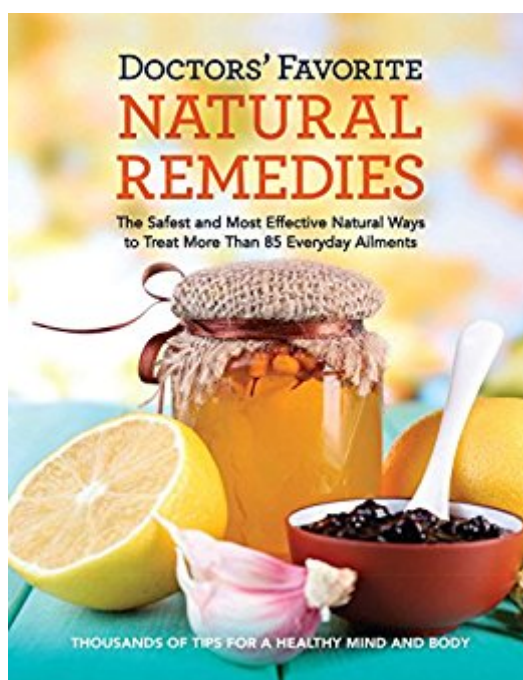


The book was found

Doctors' Favorite Natural Remedies: The Safest And Most Effective Natural Ways To Treat More Than 85 Everyday Ailments



Synopsis

Can Coenzyme Q10 really lower your blood pressure? Are chiropractors quacks? What is the Alexander Technique, anyway? How do you choose which herbs are most effective for treating anxiety and insomnia? Don't worry – Doctors' Favorite Natural Remedies will help. In recent times, doctors have increasingly embraced natural healing methods such as herbal treatments, different types of exercise, dietary changes, and massage therapy. This book presents more than 170 of their favorite natural, medically approved treatments for 90 everyday health problems. Now you can tackle stress, look and feel better, improve your sleep patterns and enjoy life more! Here are some of the many prescriptions for wellness you can give yourself:

Aromatherapy for hair loss
Black raspberries for gastroenteritis
Coffee for overweight and obesity
Computer games for vertigo
Dancing for dementia
Fish oil and green-lipped mussels for asthma
Garlic for warts
Holy basil for mouth ulcers
Hops for anxiety and sleeping problems
Light therapy for eczema and dermatitis
Licorice for skin rashes
Niacin for acne
Relaxation for tinnitus
Yoga for jaw pain

Book Information

File Size: 17924 KB

Print Length: 336 pages

Publisher: Reader's Digest; 1 edition (June 7, 2016)

Publication Date: June 7, 2016

Sold by: Simon and Schuster Digital Sales Inc

Language: English

ASIN: B019NCMEWW

Text-to-Speech: Not enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #692,740 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #57

in Books > Health, Fitness & Dieting > Alternative Medicine > Reference #290 in Kindle Store >

Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Naturopathy #322 in Kindle

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