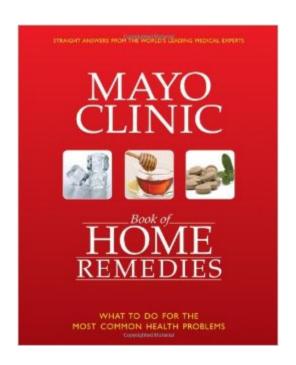
The book was found

The Mayo Clinic Book Of Home Remedies: What To Do For The Most Common Health Problems





Synopsis

Many common health problems can be treated with simple remedies you can do at home. Even if the steps you take don't cure the problem, they can relieve symptoms and allow you to go about your daily life, or at least help you until you're able to see a doctor. Some remedies, such as changing your diet to deal with heartburn or adapting your home environment to cope with chronic pain, may seem like common sense. You may have questions about when to apply heat or cold to injuries, what helps relieve the itch of an insect bite, or whether certain herbs, vitamins or minerals are really effective against the common cold or insomnia. You'll find these answers and more in Mayo Clinic Book of Home Remedies. In situations involving your health or the health of your family, the same questions typically arise: What actions can I take that are immediate, safe and effective? When should I contact my doctor? What symptoms signal an emergency? Mayo Clinic Book of Home Remedies clearly defines these questions with regard to your health concerns and guides you to choose the appropriate and most effective response.

Book Information

Hardcover: 208 pages

Publisher: Oxmoor House (October 26, 2010)

Language: English

ISBN-10: 1603201599

ISBN-13: 978-1603201599

Product Dimensions: 8.5 x 0.8 x 10.2 inches

Shipping Weight: 1.9 pounds (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars Â See all reviews (56 customer reviews)

Best Sellers Rank: #219,586 in Books (See Top 100 in Books) #24 in Books > Health, Fitness &

Dieting > Diseases & Physical Ailments > Reference #324 in Books > Health, Fitness & Dieting >

Reference #4874 in Books > Health, Fitness & Dieting > Alternative Medicine

Customer Reviews

The "Mayo Clinic Book of Home Remedies: What To Do For The Most Common Health Problems" is a colorful book of simple solutions for many health problems that you can do at home. Many of them seem like common sense, but then, how common is sense sometimes? The book does not contain a bunch of medial jargon or detailed explanations of the various conditions. Rather, the book simply states problems and then provides home remedies in easy to understand language. If you are looking for more of a medical book, this one is not for you. This book is very non-medical.Dr.

Phillip Hagen and Dr. Martha Millman, both from the Mayo Clinic, are the two medical editors of the book, and their goal was to develop a simple resource that could guide health decisions, offer easy remedies to treat many problems, and possibly reduce the need to visit clinics or emergency rooms. I think they succeeded and obtained their goal, because the book is filled with reliable, practical information on more than 120 of the most common medical conditions and issues related to good health. And the book is very simple and easy. If you have a number of medical guides, you probably don't need this book. There is a one page introduction, that explains these goals, and then provides a short bit on how the book is organized, which is basically by topics alphabetically. It makes it very easy to find what you are looking for. Then, under each topic there is a short summary that may include signs and symptoms, causes, and possible outcomes. Then there are the home remedies in another section. These describe the simple actions you can take to help prevent, treat, or manage the condition. This could be advice on diet and exercise, changing behavior, or supplements to help relieve signs and symptoms.

Download to continue reading...

My First Bilingual Book–A Day (English–Vietnamese) WHO YA GONNA CALL?-The Kid's Directory for Self Help (Bluffton Book) Jenny's Winter Walk: A Kids Yoga Winter Book Maria Explores the Ocean: A Kids Yoga Book Machines of Loving Grace: The Quest for Common Ground Between Humans and Robots Sex is a Funny Word: A Book about Bodies, Feelings, and YOU Adults Who Color Christmas Edition: An Adult Coloring Book Featuring Holiday Inspired Art, Including Whimsical Christmas Tress, Snowflakes, and Gifts Bea Gives Up Her Pacifier: The book that makes children want to move on from pacifiers! Nervous Nellie: A Book for Children Who Worry PHP and MySQL Programming for Beginners: A Step by Step Course From Zero to Professional (Programming is Easy Book 5) SQL: Beginner's Guide for Coding SQL (database programming, computer programming, how to program, sql for dummies, java, mysql, The Oracle, python, PHP, ... (HTML, Programming, Coding, CSS Book 7) Christmas Coloring Book HAPPY CHINESE NEW YEAR. Kids Coloring Book.: Children Activity Books with 30 Coloring Pages of Chinese Dragons, Red Lanterns, Fireworks, Firecrackers, ... 3-8 to Celebrate Their Fun Chinese New Year! Adobe Illustrator CC Classroom in a Book (2015 release) Powerful Prayers in the War Room: Learning to Pray like a Powerful Prayer Warrior (Battle Plan for Prayer Book 1) July Fourth Cheer: A Rhyming Picture Book for Children about the Fourth of July, July 4th Cheer and Family Fun on the Fourth of July Adobe InDesign CC Classroom in a Book (2015 release) The Ring Bear: A Wedding Book for Kids Plant a Kiss Board Book A to Z Mysteries Super Edition #8: Secret Admirer (A Stepping Stone Book(TM))

