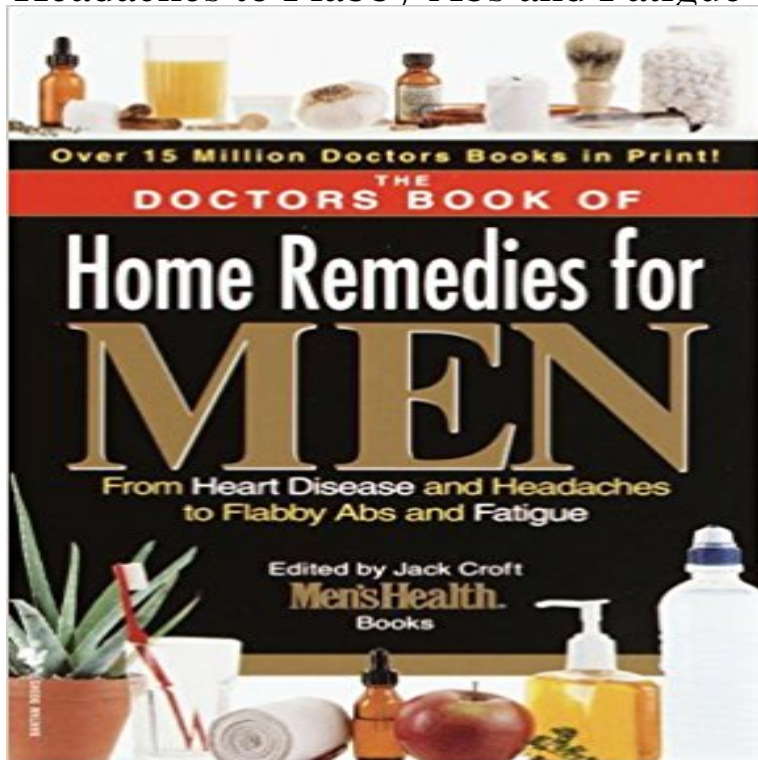


# The Doctors Book of Home Remedies for Men: From Heart Disease and Headaches to Flabby Abs and Fatigue



The most up-to-date advice on how men can take care of themselves. For most men, going to the doctor doesn't rank high on the fun scale. So wouldn't it be great to know how to take care of the most common health problems yourself? Here's how, as *The Doctors Book of Home Remedies for Men* is full of do-it-yourself options that are fast, effective, and approved by doctors. This indispensable resource to good health and peak fitness presents the best and latest medical advice from more than 400 doctors on how to deal with the aches, pains, ailments, problems, and just plain hassles that men face every day. Out of the 2,000 tips in this easy-to-use volume not one requires a prescription or a doctor's visit. And many won't cost you a dime. So whether it's a serious problem such as angina or a minor annoyance such as five o'clock shadow, you'll find the answers inside:

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 Back Pain      Baldness  
 Commuter Strain      Congestion  
 Constipation      Dandruff  
 Diabetes      Flatulence  
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