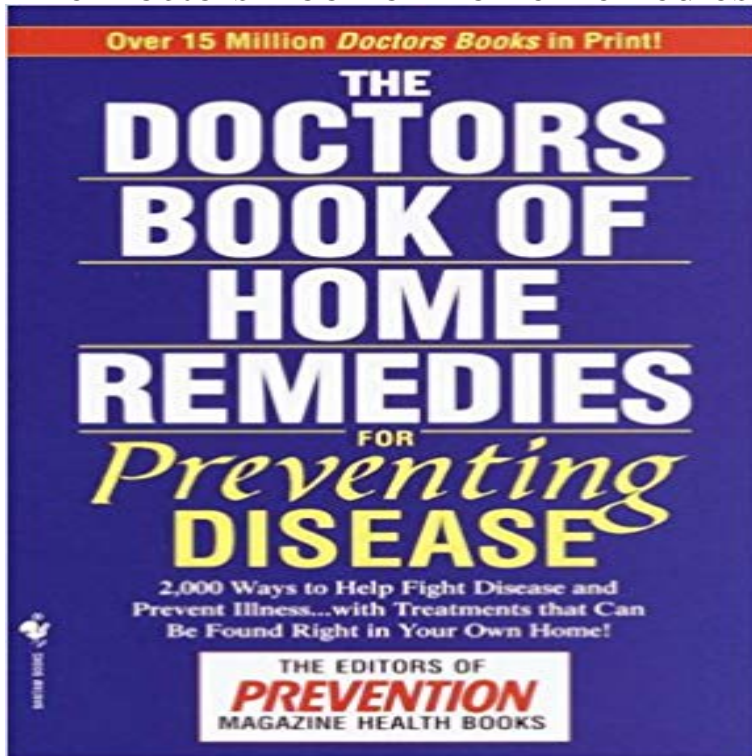


# The Doctors Book of Home Remedies for Preventing Disease



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: ALZHEIMERS DISEASE ALLERGIC REACTIONS ARTHRITIS BACK PAIN BLISTERS CATARACTS COLDS AND FLU EARACHES GALLSTONES HEART DISEASE HEARING LOSS HIGH BLOOD PRESSURE INCONTINENCE INSOMNIA MENOPAUSE PROBLEMS OSTEOPOROSIS RASHES SCIATICA SINUSITIS TMD ULCERS AND MUCH MORE!

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