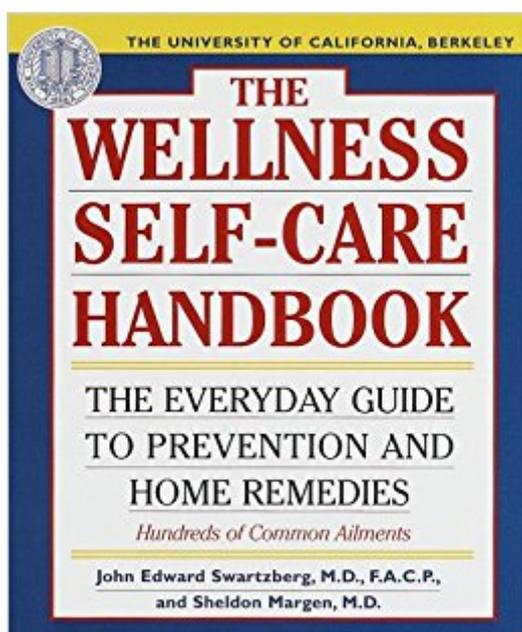


The book was found

The U Of California At Berkeley Wellness Self-Care Handbook: The Everyday Guide To Home Remedies



Synopsis

Tired? Stressed out? Is it chronic fatigue syndrome? Does cranberry juice ward off urinary tract infections? What's the best treatment for toenail fungus? Does Retin A really work against wrinkles? You'll get authoritative, easy-to-use information about these and other everyday health problems in this guide that draws on the expertise of the world-renowned School of Public Health at the University of California, Berkeley. In clear, straightforward language, Drs. Swartzberg and Margen explain the first steps you can take to successfully recognize, treat, and manage more than 160 common complaints and ailments. With ailments arranged A to Z, you can quickly look up symptoms, causes, and solid, proven home remedies for problems ranging from athlete's foot and colds to hair loss and wrinkles, as well as more serious concerns such as arthritis. Each entry also tells you "what if you do nothing"--whether your body will heal itself, or, with some conditions, what complications might develop if you don't intervene. You'll also find out when to call your doctor, and what to expect at the doctor's office. Because they are public health physicians, the two authors are intent on helping you avoid illness, so the Handbook contains hundreds of prevention tips and strategies. There is also an excellent overview of development milestones, health concerns, and preventive screenings for children and adults. Along with the many home remedies, you will find the right steps to take for bleeding, burns, and other emergencies and helpful guidelines on nonprescription medications and choosing health-care practitioners. A directory of organizations and support groups provides sources for further information. But for most problems, the advice in this comprehensive book is all that you'll need.

Book Information

Hardcover: 576 pages

Publisher: Random House, Inc. (November 1, 1998)

Language: English

ISBN-10: 0929661427

ISBN-13: 978-0929661421

Product Dimensions: 7.8 x 1.8 x 9.4 inches

Shipping Weight: 2.9 pounds

Average Customer Review: 3.7 out of 5 stars See all reviews (6 customer reviews)

Best Sellers Rank: #2,326,600 in Books (See Top 100 in Books) #150 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Reference #2083 in Books > Health, Fitness & Dieting > Reference #75413 in Books > Parenting & Relationships

Customer Reviews

Full of all sorts of practical ideas that you can use at home. Though it is written by 2 top doctors, it is easy to read and use. I have managed to treat myself and my family with all of the fantastic information, and since it is from the School of Public Health, you know these people are not out to sell your stuff or glorify themselves the way some doctors on ego-trips do. An essential reference book that everyone should own.

This is an excellent book. The editorial review describes it very well.

If you need a clear, well-organized, and up-to-date guide to your health , this is the perfect book for you. Almost all the general medical knowledge a person needs is covered here. On one page, for example, you learn how to evaluate your blood pressure. On another, you get a quick lesson on glaucoma - its symptoms, its causes, and how to deal with it. Should you have to consult a doctor, you will have instant access to some crucial information. Do yourself a favor and put this handbook in your reference collection.

[Download to continue reading...](#)

The U of California at Berkeley Wellness Self-Care Handbook: The Everyday Guide to Home Remedies Natural Remedies for Dogs : 101 Safe & Natural Essential Oils' Remedies for Your DOG: (Natural Remedies For Dogs, Essential Oils Remedies For Dogs, Natural Dog Care, Recipes For Dogs, Home Remedies) Organic Home Remedies Vol.2 - The BEST No Prescription Needed Guide to Using Natural Remedies to Cure and Detoxify Your Self (Organic Home Remedies Guide, ... Healing, No Prescription Medicines) Feng Shui: Wellness and Peace- Interior Design, Home Decorating and Home Design (peace, home design, feng shui, home, design, home decor, prosperity) Essential Oils 2016: 200 Natural Beauty Recipes: Diffusers, Skin Care Remedies, Weight Loss, Aromatherapy: (Young Living Essential Oils Book, Natural Remedies) (Home Remedies, Aromatherapy) Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Self Hypnosis for Beginners: The Ultimate Guide With Systematic

Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) The Portable Essential Oils: A Pocket Reference of Everyday Remedies for Natural Health & Wellness EPSOM SALT: 50 Miraculous Benefits, Uses & Natural Remedies for Your Health, Body & Home (Home Remedies, DIY Recipes, Pain Relief, Detox, Natural Beauty, Gardening, Weight Loss) 21 Home Remedies Exercises and Natural Cures for TMJ Treatment: Holistic Home remedies and natural cures for treatment of Temporomandibular Joint (TMJ) pain and its allied symptoms. Alternative Medicine Made Easy: How to Use Simple Homemade Remedies to Stay Healthy and Disease-Free (Herbal Remedies, Alternative Medicine, How to Use Herbal Remedies,) Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness Cats: Cat Care: Kitten Care: How To Take Care Of And Train Your Cat Or Kitten (Complete Guide To Cat Care & Kitten Care With Pro Training Grooming & Nutrition Tips) California Rules of Court - State, 2015 ed. (Vol. I, California Court Rules) (California Rules of Court. State and Federal) The Wellness Doctor's Guide to Preventing and Reversing Osteoporosis (The Wellness Doctor Series Book 1) Orchids Care Bundle 3 in 1, THE NEW EDITION: Orchids + Orchids Care For Hobbyists + Phalaenopsis Orchids Care (Orchids Care, House Plants Care, Gardening Techniques Book 4) Essential Guide to Samsung SmartThings Smart Home Automation System: A Practical Guide to on How to Use SmartThings Home Automation in Your Everyday Life. ... Home Automation Essential Guides Book 6)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)