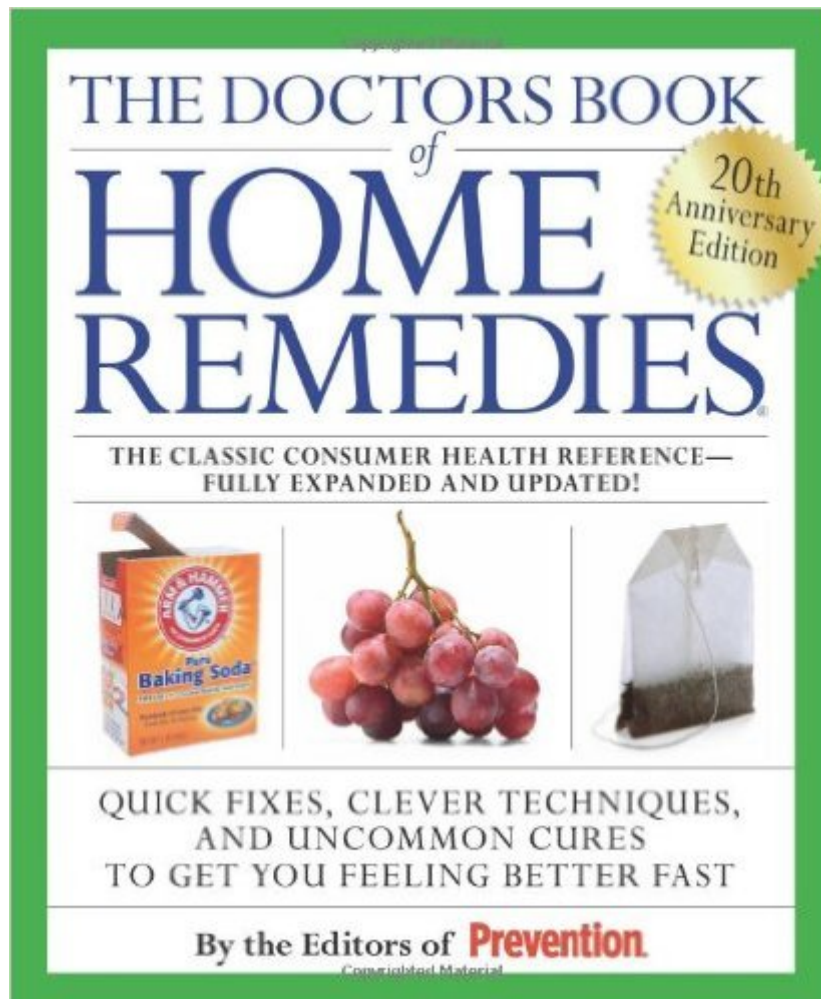


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# The Doctors Book Of Home Remedies: Quick Fixes, Clever Techniques, And Uncommon Cures To Get You Feeling Better Fast



## Synopsis

When the original Doctors Book of Home Remedies published in 1990, it became the cornerstone of the oldest and arguably the most successful franchise in the history of Rodale Books. Twenty years, ten spinoffs, and millions of copies later, the Doctors Book remains as popular as ever. It's easy to understand why: Home remedies are inexpensive, effective, and ideal for everyday ailments that don't require hands-on medical care, as well as for chronic conditions that can benefit from ancillary therapies. This newly expanded and updated edition delivers the sensible, trustworthy advice that readers have come to expect from the Doctors Book brand. But this volume is more comprehensive, more authoritative, and more accessible than ever, presenting all-new remedies for more than 200 conditions, culled from interviews with hundreds of physicians and other health care professionals. Readers will discover how rubbing aspirin over an insect bite can stop swelling; how table sugar can help heal a minor cut; how soaking their feet in tea can reduce odor; how a mix of bananas and avocado can moisturize dry hair; how sipping soda that's gone flat can quiet a queasy stomach; and much more. Packed from cover to cover with reliable, user-friendly tips and techniques, The Doctors Book of Home Remedies - by the editors of Prevention - is like having a physician on call 24/7.

## Book Information

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Average Customer Review: 4.3 out of 5 starsÂ Â See all reviewsÂ (51 customer reviews)

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## Customer Reviews

I checked out several home remedy books from the library and this one was by far the most informative, most thorough and most interesting. It describes the illness/injury in detail and gives multiple suggestions for at home remedies to keep you out of the doctor's office. But it also tells you when to go to the doctor. The book is full of common sense advice and remedies that include items

that most people would have at home or could easily get from the drug store. If you're looking for a book of natural remedies that strictly uses herbs, essential oils or pressure points - you might want to keep looking.

I guess since its the DOCTORS version of HOME remedies they are going to send you to the drug store first for most everything. I was really hoping for more at home remedies. Im all into natural cures that most docs dont even know about. No where did it reccomend the plant plantain for bug bite itch. It did have the bananna peel remedy for warts but it was in a small side box after it reccomended you get compound W from the store. Im not hapy with it at all. I was looking for HOME remedies. Most of the book is common sense, like for bug bites it tells you not to get bit in the first place. DUHHH. I guess I was looking more for homeopathy not what the doctor will tell you. You know the stuff you gr grandmother would have done. This book is going in the yardsale!Namaste

I bought this for a friend who is a young mother of two. She was starting to get interested in natural remedies for the health of her family. With so much misleading information on the internet, I thought she might like a sound source of information so I got this for her. The book is very nice with great illustrations, a full index, and clear writing. Have considered many times buying one for myself...

This book arrived very quickly and it's in like new condition. I took it over to show it to my Mom, and she said that her Mom used a lot of the same remedies that are in this book. That was back during the "Great Depression of 1928". So much of this is being forgotten because it's not taught much anymore. Really glad I ordered this book. Has some great remedies and the source of this information, (I was told ) has been around for very long time. I was told they use to print a weekly magazine with these remedies being published.

This book is full of interesting information. I keep it on my coffe table, it's so interesting, I like to have it close at hand. There is something in it for everyone.

This book is ok... I have an older book that is made by a different company that offered better advice and gave better options. This book is ok but have read better!

I have an older copy a friend gave to me. My parents no longer have health coverage and I bought this for them.

This is a decent book; comprehensive and understandable. The only "problems" I had with it were that I could find the same info on the internet and that there was so much more than I was interested in (subject wise). If I was restricted to just a book, though, (vs. having access to the internet) this would be my book of choice.

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