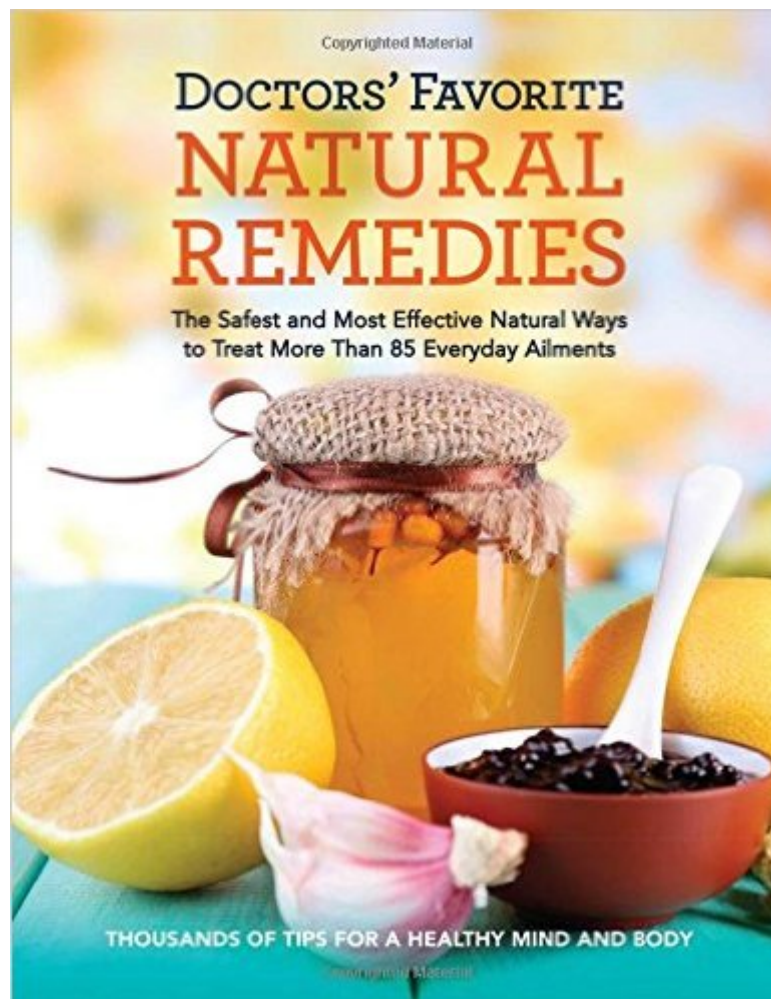


The book was found

# Doctors' Favorite Natural Remedies: The Safest And Most Effective Natural Ways To Treat More Than 85 Everyday Ailments



## Synopsis

This comprehensive A-Z guide covers 90 everyday health conditions and includes 170 natural remedies to combat them. Can Coenzyme Q10 really lower your blood pressure? Are chiropractors quacks? What is the Alexander Technique, anyway? How do you choose which herbs are most effective for treating anxiety and insomnia? Don't worry "Doctors' Favorite Natural Remedies will help. In recent times, doctors have increasingly embraced natural healing methods such as herbal treatments, different types of exercise, dietary changes, and massage therapy. This book presents more than 170 of their favorite natural, medically approved treatments for 90 everyday health problems. Now you can tackle stress, look and feel better, improve your sleep patterns and enjoy life more! Here are some of the many prescriptions for wellness you can give yourself: Aromatherapy for hair loss Black raspberries for gastroenteritis Coffee for overweight and obesity Computer games for vertigo Dancing for dementia Fish oil and green-lipped mussels for asthma Garlic for warts Holy basil for mouth ulcers Hops for anxiety and sleeping problems Light therapy for eczema and dermatitis Licorice for skin rashes Niacin for acne Relaxation for tinnitus Yoga for jaw pain

## Book Information

Paperback: 336 pages

Publisher: Reader's Digest; 1 edition (June 7, 2016)

Language: English

ISBN-10: 1621453197

ISBN-13: 978-1621453192

Product Dimensions: 7.8 x 0.7 x 10 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #1,516,232 in Books (See Top 100 in Books) #86 in Books > Health, Fitness & Dieting > Alternative Medicine > Reference #1019 in Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy #1504 in Books > Health, Fitness & Dieting > Reference

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

Doctors' Favorite Natural Remedies: The Safest and Most Effective Natural Ways to Treat More Than 85 Everyday Ailments 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) The Illustrated Encyclopedia of Natural Remedies:

Over 1000 Natural Remedies for the Prevention, Treatment, and Cure of Common Ailments and Conditions  
The Complete Medicinal Herbal: A Practical Guide to the Healing Properties of Herbs, with More Than 250 Remedies for Common Ailments  
Homeopathic Medicine At Home: Natural Remedies for Everyday Ailments and Minor Injuries  
The Doctors Book of Food Remedies: The Latest Findings on the Power of Food to Treat and Prevent Health Problems - From Aging and Diabetes to Ulcers and Yeast Infections  
Essential Oils 2016: 200 Natural Beauty Recipes: Diffusers, Skin Care Remedies, Weight Loss, Aromatherapy: (Young Living Essential Oils Book, Natural Remedies) (Home Remedies, Aromatherapy)  
Natural Medicine and Herbs: 50+ Natural Medicine to Reduce Anxiety, Depression, and Ailments from Your Body: (Essential Oils, Aromatherapy, Herbal Remedies, Supplements, Healing, Vitamins)  
Hair Loss No More: Effective Ways To Treat Hair Loss  
HERPES CURE: The Most Effective, Permanent Solution To Finally Get Rid Of Herpes For Life (Health, Disorders & Diseases, Skin Ailments, Physical Impairments, Pain Management, Nervous System)  
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)  
Effective Perl Programming: Ways to Write Better, More Idiomatic Perl (Effective Software Development Series)  
Essential Oils For Allergies: A Complete Practical Guide of Natural Remedies and Ailments  
The Doctors Book of Home Remedies: Simple Doctor-Approved Self-Care Solutions for 146 of the Most Common Health Conditions, Revised and Expanded (The ... Library of Prevention Magazine Health Books)  
Do-It-Yourself Medicine: How to Find and Use the Most Effective Antibiotics, Painkillers, Anesthetics and Other Miracle Drugs... Without Costly Doctors' Prescriptions or Hospitals  
Essential Oils for Healing: Over 400 All-Natural Recipes for Everyday Ailments  
The Safest Place on Earth  
The Natural Physician's Healing Therapies: Proven Remedies  
Medical Doctors Don't Know  
New England Waterfalls: A Guide to More Than 400 Cascades and Waterfalls (Second Edition) (New England Waterfalls: A Guide to More Than 200 Cascades & Waterfalls)  
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,)

[Dmca](#)