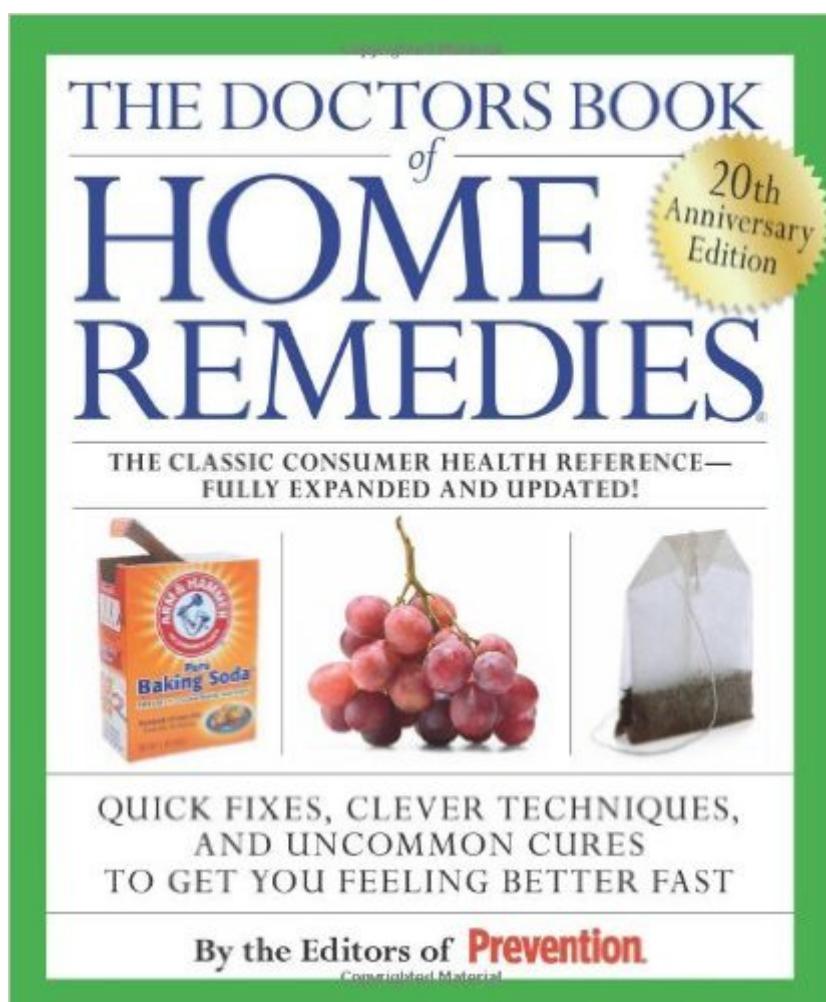


The book was found

# 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

Paperback: 704 pages

Publisher: Rodale Books; 20th Anniversary ed. edition (March 2, 2010)

Language: English

ISBN-10: 1605298662

ISBN-13: 978-1605298665

Product Dimensions: 7.7 x 1.8 x 8.9 inches

Shipping Weight: 2.3 pounds (View shipping rates and policies)

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

Best Sellers Rank: #52,961 in Books (See Top 100 in Books) #5 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Reference #56 inÂ  Books > Health, Fitness & Dieting > Safety & First Aid #89 inÂ  Books > Health, Fitness & Dieting > Reference

## 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 hopeing 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.

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

The Doctors Book of Home Remedies: Quick Fixes, Clever Techniques, and Uncommon Cures to Get You Feeling Better Fast 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. 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 Athlete's Book of Home Remedies: 1,001 Doctor-Approved Health Fixes and Injury-Prevention Secrets for a Leaner, Fitter, More Athletic Body! Men's Health: The Big Book of Uncommon Knowledge: Clever Hacks for Navigating Life with Skill and Swagger! 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) "Don't Forget to Sing in the Lifeboats": Uncommon Wisdom for Uncommon Times High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High Bl) The Doctors Book of Home Remedies for Children: From Allergies and Animal Bites to Toothache and TV Addiction, Hundreds of Doctor-Proven Techniques Home Remedies: An A-Z Guide of Quick And Easy Natural Cures Essential Oils 2016: 200 Natural Beauty Recipes: Diffusers, Skin Care Remedies, Weight Loss, Aromatherapy: (Young Living Essential Oils Book, Natural Remedies) (Home Remedies, Aromatherapy) Popular Mechanics When Duct Tape Just Isn't Enough: Quick Fixes for Everyday Disasters Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) How to Get Abs: More Fantastic Exercises That Will Help You Flatten Your Stomach and Reveal Those Sexy Abs (Health, Flat Abs, How to Get Abs, How to Get Abs Fast Book 2) Asthma: Treatment for beginners (2nd EDITION + BONUS CHAPTERS) - Diet, Cures and Natural Remedies to get rid of Asthma Naturally (Asthma Cure - Asthma Diet - Asthma Treatment - Asthma Tips Book 1) 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) How To Get Rid Of

Lice: Discover How To Get Rid Of Head Lice, Useful Home Remedies For Lice And Which Lice Treatment You Should Choose For Getting Rid Of Lice! Adult Incontinence: Pelvic cures - A Guide to delay incontinence onset, home remedies to improve urinary retention (Disorders that affect daily living, ... disorders, urinary disorders Book 1) Essays That Will Get You into Medical School (Essays That Will Get You Into...Series) [Second Edition] (Barron's Essays That Will Get You Into Medical School) Pocket Manual of Homeopathic Materia Medica and Repertory and a Chapter on Rare and Uncommon Remedies

[Dmca](#)