



# Home Doctor

*Jackie Seguin*

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## **Home Doctor** Jackie Seguin

Despite the popularity of herbal supplements, meditation, and other alternative approaches to healing and wellness, most people still want to know what a medical doctor has to say about the best course of treatment for a troubling malady. This resource delivers just what the patient ordered: recommendations for relieving and curing hundreds of the most common ailments--without prescription drugs--from respected doctors.

Arranged A-to-Z for quick access, and written in clear, jargon-free English, Home Doctor collects nearly two thousand easy-to-apply remedies tested by top physicians in every specialty and approved by medical publications. Whether the culprit is asthma, burns, flu, hiccups, insomnia, migraines, snakebite, or varicose veins, readers will find information on causes, treatments, foods to avoid, and warning signs of more serious conditions. While thoroughly authoritative, the book offers a wealth of refreshingly simple and innovative recommendations, including: 12 all-natural fast-acting techniques for easing acid indigestion 22 "new skin" remedies for eradicating acne Pointers on eating protein-rich foods to boost memory An eye-opening look at dietary supplements for combating cataracts This unique medical reference also features a mini crash-course in mouth-to-mouth resuscitation, tips on taking a pulse and recognizing a dangerous reading, and step-by-step guidelines for when a child has ingested something that could be poisonous--and how to avoid such a situation. Comprehensive, on target, and reliable, Home Doctor is like having a personal M.D. who makes house calls.

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