



Head, Shoulders, Pee, and Moles: An Eyes-and-Ears-and-Mouth-and-Nose Guide to Self-Diagnosis

Paul Kleinman

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Forget doctor's visits, questionnaires, and hours online - now readers can just look at themselves in the mirror and understand what's going on with their insides! Thanks to the help and humour of Paul Kleinman, readers can learn and laugh about what they've got and what they're coming down with, all by looking at their body. Prognoses include: dry, brittle hair is a symptom of hypothyroidism - it looks like you're running low on hormones or moisturising shampoo; a white tongue is a tell-tale sign of a coming cold - tonight's tonsil hockey game with Jane in Accounting has been cancelled; and, swollen hands could mean you have a serious inflammatory, infectious, or autoimmune condition - or maybe you did put on a few pounds on vacation. Drawn from real tenets of traditional medicine, modern research, and alternative practices like ayurveda, this tongue-in-cheek health guide will scratch any cybercondriac's itch for information.

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