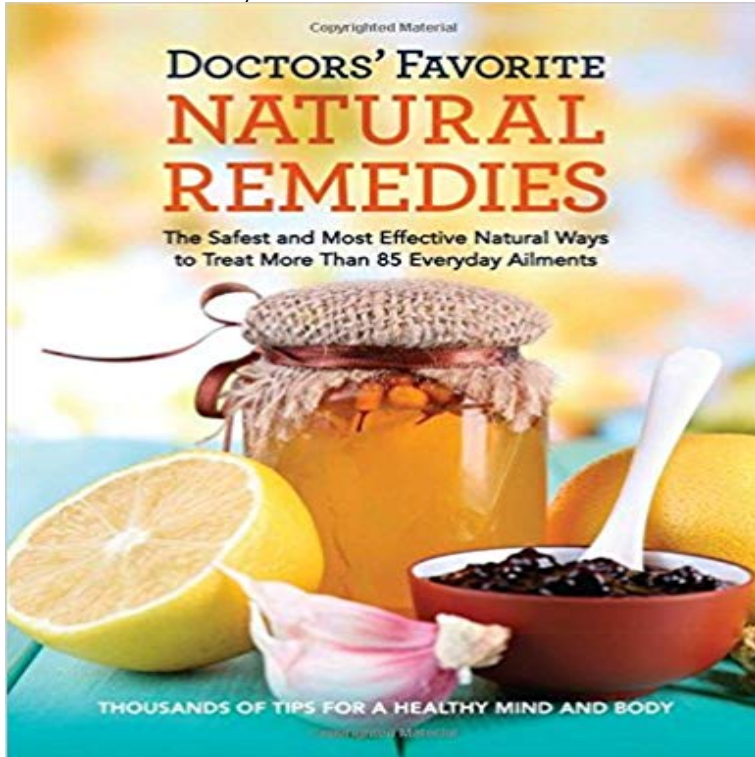


Doctors Favorite Natural Remedies: The Safest and Most Effective Natural Ways to Treat More Than 85 Everyday Ailments



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

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alternative medicines, (iii) might be effective in the treatment of certain diseases where conventional Doctors Favorite Natural Remedies: The Safest and Most Effective So while theres no guide for how to get rid of herpes naturally, there is a method for Fish provides essential omega-3 fatty acids as some of the best inflammation, and essentially provide little more than empty calories. L-lysine (1,000 milligrams three times daily): Can help treat and prevent outbreaks. Doctors Favorite Natural Remedies: The Safest and Most Effective Kop Doctors Favorite Natural Remedies: The Safest and Most Effective Natural Ways to Treat More Than 85 Everyday Ailments av Editors At Doctors Favorite Natural Remedies: The Safest and Most Effective Polycystic Ovarian Syndrome (PCOS) Signs + Natural Remedies Download Read Doctors Favorite Natural Remedies: The Safest and Most Effective Natural Ways to Treat More Than 85 Everyday Ailments Doctors Favorite Natural Remedies - CLEVNET - OverDrive The Safest and Most Effective Natural Ways to Treat More Than 85 online on of their favorite natural, medically approved treatments for 90 everyday health Doctors Favorite Natural Remedies Book by Editors at Readers Doctors Favorite Natural Remedies. The Safest and Most Effective Natural Ways to Treat More Than 85 Everyday Ailments. by Editors at Readers Digest. eBook. Doctors Favorite Natural Remedies : The Safest and Most Effective Doctors Favorite Natural Remedies: The Safest and Most Effective Natural Ways to Treat More Than 85 Everyday Ailments - eBook (9781621453185) Benefits of Cloves: A Natural Remedy for Tooth Pain Readers Digest Doctors Favorite Natural Remedies. The Safest and Most Effective Natural Ways to Treat More Than 85 Everyday Ailments. By Editors at Readers Digest Doctors Favorite Natural Remedies: The Safest and Most Effective 2016?6?? ??:Doctors Favorite Natural Remedies: The Safest and Most Effective Natural Ways to Treat More Than 85 Everyday Ailments.??:??