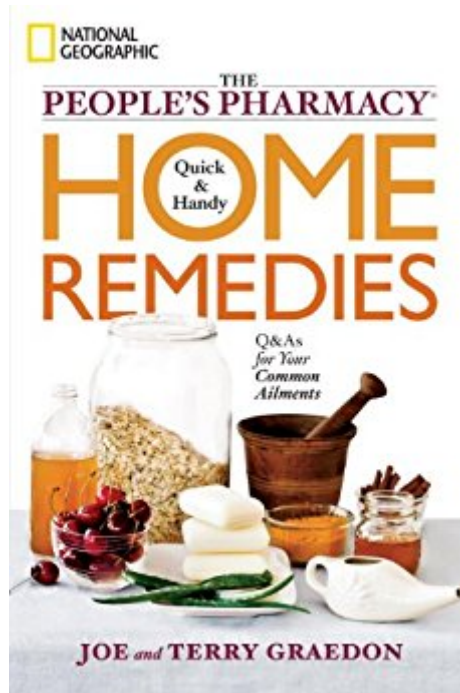


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# The People's Pharmacy Quick And Handy Home Remedies: Q&As For Your Common Ailments



## Synopsis

A guide to healing foods and home remedies reported to and verified by Joe and Terry Graedon, including their carefully researched responses on how and why such treatments work. The core of this title is organized as Q&As between the general public and the Graedons. It contains as much information as a voluminous encyclopedia of home remedies, yet it's quick, easy, inviting, and fun to read, with the same friendly and authoritative personality conveyed in their popular call-in radio show. The Graedons also offer a dozen new recipes for food so good for you, it serves as preventive medicine. Organized alphabetically by ailment and then, within each of those, by food or remedy. Offers the basics of three standard diets for health, weight control, and fitness, along with a dozen new recipes for preparing food to match the diets. Includes a helpful index and cross-referencing system, making the book both a good shelf reference and an entertaining browse. This book builds on the reputation of The People's Pharmacy and adds the extra value that comes from a partnership with National Geographic. From the Trade Paperback edition.

## Book Information

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## Customer Reviews

THE PEOPLE'S PHARMACY: Quick & Handy Home Remedies (Q&As for your common ailments) By:

Joe and Terry Graedon These are strange and frequently disturbing times, times when a source of entertainment frequently tells you the medicine your doctor wants you to "try" - well there's a strong possibility it might kill you. Kill you, cause blindness, render skin rashes or heart stoppage. This is not to say you should distrust your doctor or his medicines, but ideal, before you might meet an unfriendly medicine, you could encounter a home remedy, say an ounce of vinegar, soaking your raisins in sloe gin one which could keep you away from the medicine altogether. It was affirming when I learned my new doctor also takes the Joe and Terry Graedon's email newsletter. The book is divided into three parts - Home Remedies for specific ailments, Favorite Foods, and their nutritional bonuses and finally, Eating for Health. The Joe and Terry Graedon are not physicians but scholars who hold graduate and doctoral degrees respectively. This book will compliment any family bookcase as a helpful guide to what ails you, when your complaint isn't life threatening. Part I, (sample cases) Complaint: Canker Sores -- Aloe vera, baking soda, baking soda, buttermilk, green beans, kiwi, Mylanta even styptic pencil. They present a letter from a sufferer, and then they offer their response. It's valuable to hear the patient's complaints and helpful to be able to try some of the suggested solutions. They present instances from acne to wound card. Complaint: Plantar Fasciitis, solutions using cherry juice, others using fish oil came in.

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