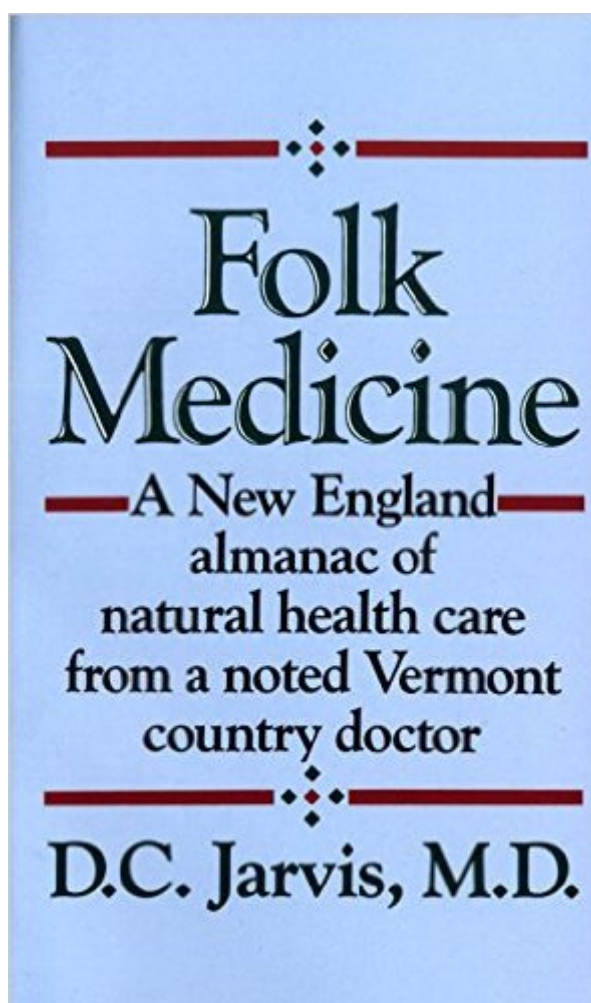


The book was found

# Folk Medicine: A New England Almanac Of Natural Health Care From A Noted Vermont Country Doctor



## Synopsis

"A fascinating book by a distinguished Vermont physician." **NEW YORK DAILY NEWS** For centuries the vigorous and healthy families of Vermont have passed down simple commonsense home remedies for all sorts of common aches and pains, from one generation to the next. Dr. Jarvis spent years practicing medicine in the Green Mountains and observed the natural wonders of Vermont folk medicine. He shares that wisdom in this helpful book in order to help you: burn body fat and decrease body weight, improve sleep and overcome chronic fatigue, reduce high blood pressure, and much more.

## Book Information

Mass Market Paperback: 192 pages

Publisher: Fawcett (May 12, 1985)

Language: English

ISBN-10: 044920880X

ISBN-13: 978-0449208809

Product Dimensions: 4.2 x 0.5 x 6.8 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (143 customer reviews)

Best Sellers Rank: #54,586 in Books (See Top 100 in Books) #25 in [Books > Health, Fitness & Dieting > Alternative Medicine > Homeopathy](#) #51 in [Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy](#) #83 in [Books > Health, Fitness & Dieting > Reference](#)

## Customer Reviews

A friend lent me this book to read and what a treasure. I had to have a copy for myself and bought one to add to my collection. I disagree with a previous poster that stated this book is "very archaic" - yes, this book was published in 1958, quite some time ago. But the essence is still relevant today - eat as one's ancestors ate. Dr. Jarvis, M.D. uses animals to clearly illustrate the point of survival of the fittest. Animals, unfettered by the politics of pharmaceutical companies, follow their innate instinct to eat foods of maximum nutritional value to nourish their bodies to carry their species into the next generation without disease and physical impairment. As Dr. Jarvis, M.D. states "... it makes a great difference to your heart whether you give it the natural sugar which is found in honey, or refined white sugar." A simple, yet profound statement having tremendous consequences on the population addicted to processed white sugar as we humans battle cancer, heart disease, and designer ailments (through the power of pharmaceutical advertising). The previous poster also

states that "the information had no real research to back it up." I beg to differ. The lack of authoritarian research is not an indication of a lack of viable results. My own "personal research" is quite impressive. As a testament to my spouse and my understanding of the necessity of a proper diet, we raised our two children with the basic principles of good nutrition (that means NO DRUGS). As they make their way through college, their critical thinking just astounds us. How much easier it is for them to accomplish tasks at a higher intellectual level than most Americans will ever experience in their lifetime.

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

Folk Medicine: A New England Almanac of Natural Health Care From a Noted Vermont Country Doctor Arthritis and Folk Medicine: Almanac of Natural Health Care New England Month-by-Month Gardening: What to Do Each Month to Have a Beautiful Garden All Year - Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, Vermont New England Getting Started Garden Guide: Grow the Best Flowers, Shrubs, Trees, Vines & Groundcovers - Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, Vermont (Garden Guides) Aha Guide to the Health Care Field 2009 Edition: United States Hospitals, Health Care Systems, Networks, Alliances, Health Organizations, Agencies, ... Association Guide to the Health Care Field) New England Waterfalls: A Guide to More Than 400 Cascades and Waterfalls (Second Edition) (New England Waterfalls: A Guide to More Than 200 Cascades & Waterfalls) New England Wild Flower Society's Flora Novae Angliae: A Manual for the Identification of Native and Naturalized Higher Vascular Plants of New England Bag Balm and Duct Tape: Tales of a Vermont Doctor Llewellyn's 2017 Herbal Almanac: Herbs for Growing & Gathering, Cooking & Crafts, Health & Beauty, History, Myth & Lore (Llewellyn's Herbal Almanac) Orchids Care Bundle 3 in 1, THE NEW EDITION: Orchids + Orchids Care For Hobbyists + Phalaenopsis Orchids Care (Orchids Care, House Plants Care, Gardening Techniques Book 4) Folk Knitting in Estonia (Folk Knitting series) Folk Bags (Folk Knitting series) Ten Russian Folk Song, Two Russian Folk Song Op. 104 Vocal Score (Shostakovich Complete Edition) Mud Season: How One Woman's Dream of Moving to Vermont, Raising Children, Chickens and Sheep, and Running the Old Country Store Pretty Much Led to One Calamity After Another NUEVA YORK /NEW YORK: El Estado Imperial (World Almanac Biblioteca De Los Estados/World Almanac Library of the States) (Spanish Edition) 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 Boston Globe Illustrated New England Gardening Almanac: A Gardener's Weekly Companion An Irish Country Doctor (Irish Country Books Book 1) Public Health Nursing - Revised Reprint: Population-Centered Health Care

in the Community, 8e (Public Health Nursing: Population-Centered Health Care in the Community)  
Black & Decker The Complete Guide to Northeast Gardening: Techniques for Growing Landscape  
& Garden Plants in Maine, New Hampshire, Vermont, New York, ... Ontario (Black & Decker  
Complete Guide)

[Dmca](#)