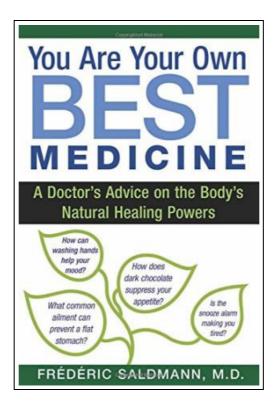
You Are Your Own Best Medicine: A Doctor s Advice on the Body s Natural Healing Powers (Paperback)



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YOU ARE YOUR OWN BEST MEDICINE: A DOCTOR S ADVICE ON THE BODY S NATURAL HEALING POWERS (PAPERBACK)



Inner Traditions Bear and Company, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. In You Are Your Own Best Medicine, Frederic Saldmann, M.D., verifies the common sense of folk medicine with the latest medical research to reveal simple do-it-yourself remedies that activate the body s natural healing powers and address common ailments. You will learn: *how pistachios are more effective than Viagra *simple acupressure tricks to relieve cramps, congestion, and other acute conditions *how dark chocolate helps you lose weight *which sleep position increases your risk of cancer *the role of gut flora and probiotics in alleviating asthma *how kissing boosts the immune system and helps wounds heal faster and much more . . . Sharing startling study results, Dr. Saldmann explains how reducing your calorie intake by 30 each day can increase your life expectancy by 20 and how 30 minutes of exercise a day reduces your risk of cancer, Alzheimer s, and cardiovascular disease by 40 . Giving full scientific backing to home remedies that were well known three generations ago, as well as providing his own tips and tricks from his years as a respected medical doctor in Paris, Dr. Saldmann shows how the body can produce its own medicines and, given the opportunity, prevent illness altogether.

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