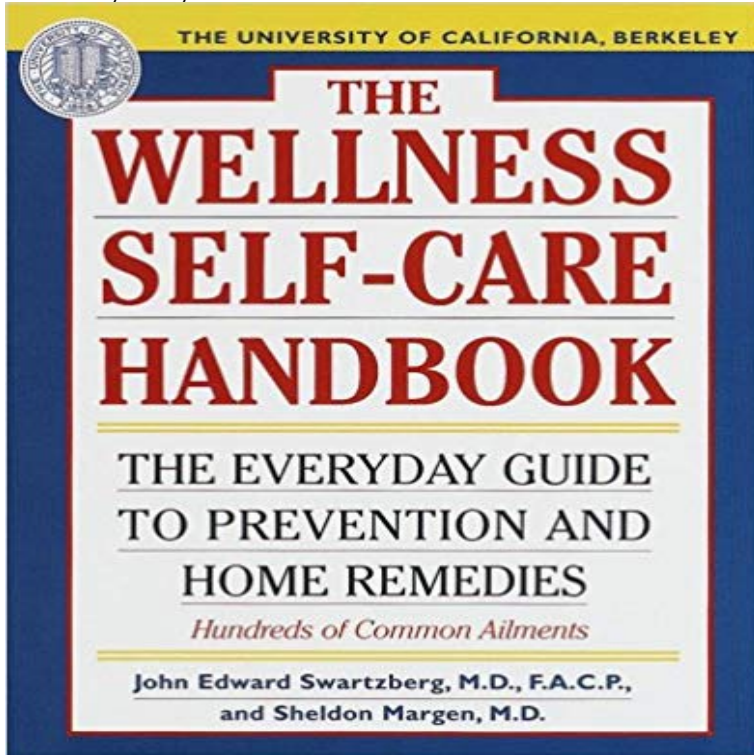


The U of California at Berkeley Wellness Self-Care Handbook: The Everyday Guide to Home Remedies



Tired? Stressed out? Is it chronic fatigue syndrome? Does cranberry juice ward off urinary tract infections? What's the best treatment for toenail fungus? Does Retin A really work against wrinkles? You'll get authoritative, easy-to-use information about these and other everyday health problems in this guide that draws on the expertise of the world-renowned School of Public Health at the University of California, Berkeley. In clear, straightforward language, Drs. Swartzberg and Margen explain the first steps you can take to successfully recognize, treat, and manage more than 160 common complaints and ailments. With ailments arranged A to Z, you can quickly look up symptoms, causes, and solid, proven home remedies for problems ranging from athlete's foot and colds to hair loss and wrinkles, as well as more serious concerns such as arthritis. Each entry also tells you what if you do nothing--whether your body will heal itself, or, with some conditions, what complications might develop if you don't intervene. You'll also find out when to call your doctor, and what to expect at the doctor's office. Because they are public health physicians, the two authors are intent on helping you avoid illness, so the Handbook contains hundreds of prevention tips and strategies. There is also an excellent overview of development milestones, health concerns, and preventive screenings for children and adults. Along with the many home remedies, you will find the right steps to take for bleeding, burns, and other emergencies and helpful guidelines on nonprescription medications and choosing health-care practitioners. A directory of organizations and support groups provides sources for further information. But for most problems, the advice in this comprehensive book is all that you'll need.

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