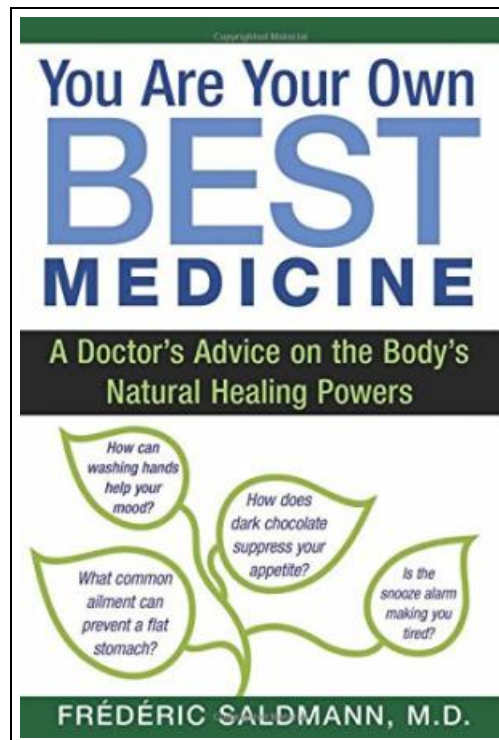


## You Are Your Own Best Medicine: A Doctor's Advice on the Body's Natural Healing Powers (Paperback)



Filesize: 4.54 MB

### Reviews

*This composed book is fantastic. it absolutely was writtern quite properly and helpful. I am very happy to explain how this is the very best ebook i actually have read during my own existence and may be he best pdf for actually.*  
(Prof. Elody D'Amore)

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

[DOWNLOAD](#)

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.



[Read You Are Your Own Best Medicine: A Doctor's Advice on the Body's Natural Healing Powers \(Paperback\) Online](#)



[Download PDF You Are Your Own Best Medicine: A Doctor's Advice on the Body's Natural Healing Powers \(Paperback\)](#)

## Other eBooks



**Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: ( Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures)**

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Getting Your FREE Bonus Download this book, read it to the end and...

[Save ePub »](#)



**Millionaire Mumpreneurs: How Successful Mums Made a Million Online and How You Can Do it Too!**

Harriman House Publishing. Paperback. Book Condition: new. BRAND NEW, Millionaire Mumpreneurs: How Successful Mums Made a Million Online and How You Can Do it Too!, Mel McGee, Inspiring stories from some of the world's most...

[Save ePub »](#)



**Traffic Massacre: Learn How to Drive Multiple Streams of Targeted Traffic to Your Website, Amazon Store, Auction, Blog, Newsletter or Squeeze Page**

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.3 Free Bonus Books Included! Attention: Online business owners. quot;Finally!...

[Save ePub »](#)



**Dom's Dragon - Read it Yourself with Ladybird: Level 2**

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Dom's Dragon - Read it Yourself with Ladybird: Level 2, Mandy Ross, One day, Dom finds a little red egg and soon he is the owner...

[Save ePub »](#)



**Topsy and Tim: The Big Race - Read it Yourself with Ladybird: Level 2**

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Topsy and Tim: The Big Race - Read it Yourself with Ladybird: Level 2, Jean Adamson, This is an enhanced read-along audio ebook from Ladybird. An...

[Save ePub »](#)