



DOWNLOAD



You are Your Own Best Medicine: A Doctor's Advice on the Body's Natural Healing Powers

By Frederick Saldmann

Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, You are Your Own Best Medicine: A Doctor's Advice on the Body's Natural Healing Powers, Frederick Saldmann, 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 acupuncture 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...



READ ONLINE
[1.61 MB]

Reviews

This composed ebook is wonderful. It really is written in basic words rather than hard to understand. You may like the way the writer composed this pdf.

-- **Ryder Nolan**

This book can be well worth a go through, and a lot better than other. It is written in simple words and phrases and not confusing. It's been printed in an exceptionally simple way in fact it is merely right after I finished reading through this pdf by which basically changed me, modified the way I think.

-- **Margot Carter V**