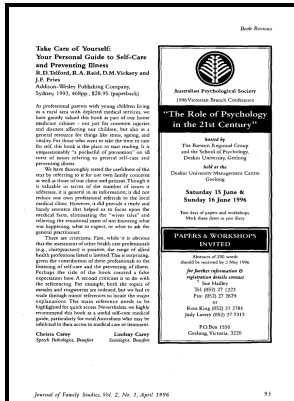


Take care of yourself - the complete guide to medical self-care

Addison-Wesley - Take Care of Yourself: The Complete Illustrated Guide to Medical Self



Description: -

National banks (United States)
Municipal bonds -- Law and legislation -- United States
Self Care -- popular works.
Medicine -- popular works.
Self-care, Health.
Medicine, Popular. Take care of yourself - the complete guide to medical self-care
-Take care of yourself - the complete guide to medical self-care
Notes: Includes bibliographical references (p. 471-475) and index.
This edition was published in 1993



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Take Care of Yourself, 10th Edition: The Complete Illustrated Guide to Self

Should you dress it yourself? Product Identifiers Publisher Hachette Books ISBN-10 0201489899 ISBN-13 9780201489897 eBay Product ID ePID 59200 Product Key Features Format Trade Paperback Language English Publication Year 1996 Number of Pages 416 Pages Dimensions Item Length 9.

Take Care Of Yourself: The Complete Illustrated Guide To Medical Self

It is full of advice on ailments ranging from the common cold to things you might otherwise be embarrassed to ask a pharmacist or doctor about not that I speak from experience regarding the latter. Pantell, Taking Care of Your Child. I have ordered 3 copies of this book and also the Take Care of Baby book.

Take Care of Yourself, 10th Edition: The Complete Illustrated Guide to Self

The fist part was The Habit of Health, which although good advice, wasn't what I expected. This comprehensive guide covers emergencies, over 175 healthcare concerns, the twenty things you should keep in a home pharmacy, and how to work best with your doctor.

Take Care of Yourself: The Complete Guide to Medical Self

This new edition is even easier to refer to and more complete--with more charts and indexes and covering 120 common symptoms. I had to expand the View significantly to read them and then reduce the view back to be able to get more than four words on a page. In the dietary advice section on healthy fats to consume, I saw Canola.

Take Care of Yourself, 10th Edition: The Complete Illustrated Guide to Self

It's a great reference to determine what is serious and what can easily be treated at home with OTC remedies.

Take Care of Yourself, 10th Edition: The Complete Illustrated Guide to Self

The USAF gave all active duty members a previous version of this book back in the mid to late 90's. How long do you treat the fever and malaise with chicken soup and TLC? This book gives you only what you need to know. I continue to appreciate the physical copy, as to date I haven't found anything nearly as simple and well organized on the web, not to mention the accessibility if the power is out for whatever reason.

Take Care Of Yourself: The Complete Illustrated Guide To Medical Self

Rated 10 out of 10 for clarity. Grown children get a copy when they move out. In this completely revised, updated edition, you'll find over 100 common medical problems and treatments - from colds and broken bones to insomnia and high-blood pressure - explained clearly and concisely.

Take Care of Yourself: The Complete Illustrated Guide to Medical Self

It is a comprehensive guide to healthcare tips and first aid for a wide variety of medical problems. A very excellent guide to healthcare.

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