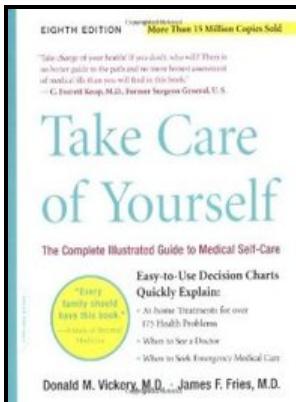


Take care of yourself - the complete guide to medical self-care

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

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Notes: Includes bibliographical references (p. 471-475) and index.

This edition was published in 1993



Filesize: 7.92 MB

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Take Care Of Yourself, 5th Edition: The Complete Guide To Medical Self

Since then, I have used it more than I would have thought.

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

Vickery, MD, helped develop the first medical decision charts for non-doctors. Sometimes, the internet gives you more than you need. In the dietary advice section on healthy fats to consume, I saw Canola.

Take Care of Yourself, 9th Edition: The Complete Illustrated Guide to Medical Self

By the time I scrolled to Chapter 4 I saw what I had expected 26% into the book. I was originally given a copy of this book when I was in the Navy around 1996.

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

Deciding whether and from where to seek medical help can be just as crucial as what happens once you're there. 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, 9th Edition: The Complete Illustrated Guide to Medical Self

Fries, MD, is Professor of Medicine, Emeritus, at Stanford University. And is tetanus a factor? We highly recommend this book for people with young children as well as adults who might wonder what to do with injuries, rashes, aches, and pains. The clearest, most practical medical advice ever.

Take Care of Yourself: The Complete Guide to Medical Self

Continuing to break new ground after forty years in print, Take Care of Yourself is the go-to guide for at home self-care.

Take care of yourself : the complete illustrated guide to medical self

Pantell, Taking Care of Your Child. My sister-in-law gave me this book a few years back as a gift, and over the years I have opened it many times as a quick reference. I love spending only 2 minutes looking for an answer to whether or not I should seek medical attention right away or I can just apply home remedies.

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