



Take Care of Yourself: The Complete Illustrated Guide to Medical Self-Care (9th)

By Donald M. Vickery, James F. Fries

The Perseus Books Group. Paperback. Book Condition: new. BRAND NEW, Take Care of Yourself: The Complete Illustrated Guide to Medical Self-Care (9th), Donald M. Vickery, James F. Fries, The worlds bestselling health guide offers new material on the most recent critical health issues such as obesity, as well as additional new and updated information. Covering over 175 healthcare problems and symptoms, Take Care of Yourself is simple to use. Readers can look up their symptoms to locate an explanation of likely causes and possible home remedies, while diagrams show how to recognize problems and treat them, and decision charts advise when its time to see a doctor. This comprehensive guide also covers emergencies, the 20 things everyone should keep in a home pharmacy, and how to work best with a doctor.



READ ONLINE
[7.87 MB]

Reviews

Great e-book and useful one. It usually does not cost an excessive amount of. I am just very easily will get a enjoyment of looking at a created ebook.

-- **Emory Bogisich**

Great e-book and valuable one. This can be for all who statte that there was not a worthy of studying. I found out this book from my i and dad recommended this publication to understand.

-- **Gertrude Pfannerstill IV**

You May Also Like



[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 see BONUS: Your FREE Gift chapter after...



[Pickles To Pittsburgh: Cloudy with a Chance of Meatballs 2](#)

Atheneum Books for Young Readers, 2000. Paperback. Book Condition: New. No Jacket. New paperback print book copy of Pickles to Pittsburgh: Cloudy with a Chance of Meatballs 2 written by Judi Barrett. Drawn by Ron Barrett. New York: Athenium Books for Young...



[The love of Winnie the Pooh Pack \(Disney English Home Edition\) \(Set of 9\)](#)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback Pages Number: 1224 Language: English. Disney Home Edition English English enlightenment and good partners Disney English Home Edition series of...



[Help! I'm a Baby Boomer \(Battling for Christian Values Inside America's Largest Generation](#)

Victor Books, 1989. Trade Paperback. Book Condition: New. Second Printing. 8vo - over 7¾" - 9¾" Tall. Buy with confidence from "Your neighborhood book store, online (tm) - Since 1997 delivering quality books to our neighbors, all around the world!.



[No Friends?: How to Make Friends Fast and Keep Them](#)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do You Have NO Friends ? Are you tired of not having any friend and being lonely all the time...



[Environments for Outdoor Play: A Practical Guide to Making Space for Children \(New edition\)](#)

SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition), Theresa Casey, 'Theresa's book is full of lots of inspiring, practical, 'how to go about it ideas' coupled with...