

The 24-Hour Pharmacist

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*Advice, Options, and Amazing Cures
from America's Most Trusted Pharmacist*

The **24**-Hour Pharmacist

Look Younger, Feel Healthier, and Save
Time and Money—No Doctor Required!

Natural Secrets for Total Body Health
from Behind the Counter

SUZY COHEN, R.Ph.

Author of the syndicated column "Dear Pharmacist"

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As a pharmacist for almost two decades, Suzy Cohen knows that medication can often be invaluable. But she has also learned to "think outside the pill" and recommend natural options that are often just as good or better at promoting health without the risk of dangerous, drug-induced side effects. In this comprehensive, one-of-a-kind resource, she answers such questions as: How can I stop my husband/wife from snoring? Are vitamin pills worth it or worthless? Are there alternatives to antidepressants? What kind of surge protection is there for hot flashes? How can I train my body to lose fat?

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