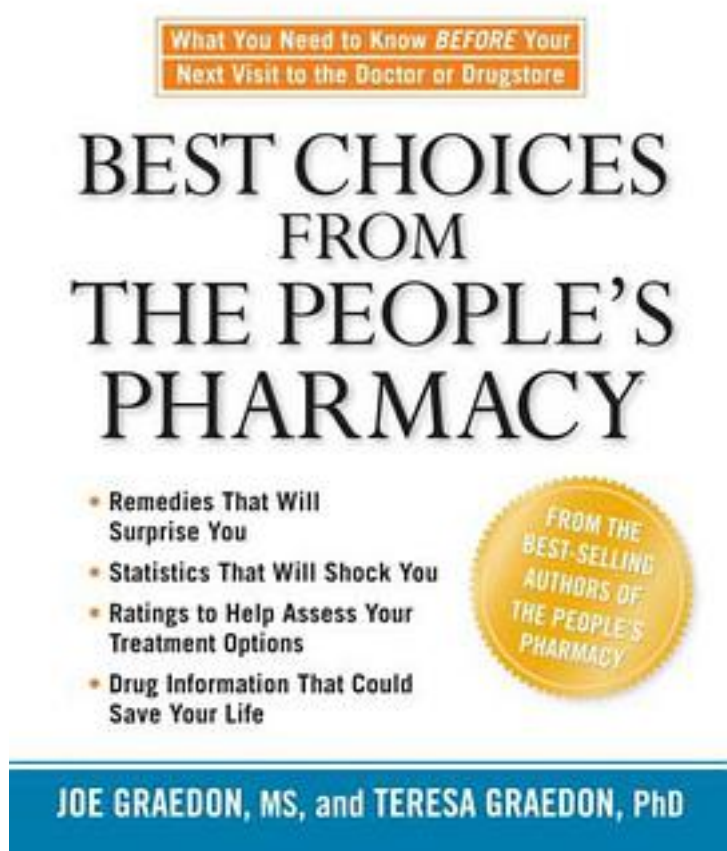


Best Choices from the People's Pharmacy



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From the trusted authors of the "People's Pharmacy" syndicated newspaper column comes an essential reference that empowers readers to make intelligent, informed choices from among the array of treatment options--home remedies, herbal and nutritional supplements, and prescription and over-the-counter drugs--available today

We can read the newspaper for candid restaurant or movie reviews or consult Consumer Reports for an impartial analysis of the best buys on toasters or automobiles. But where can we find objective evaluations of popular treatments for conditions like arthritis, high cholesterol, and migraines?

Joe and Teresa Graedon, the best-selling authors of *The People's Pharmacy*, will fill the void with a comprehensive new reference that presents all the information readers need to become savvy health-care consumers. The book offers:

best-choice treatments for 50 medical conditions--from allergies, asthma, and heartburn to high blood pressure and osteoporosis

a remedy ratings guide to compare the effectiveness and affordability of various treatment options

compelling new information on the potential dangers of generic drugs

Featuring a list of the authors' must-have remedies and organized alphabetically by condition for fast, easy access, this trustworthy, practical guide should find a sizable and grateful audience.

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