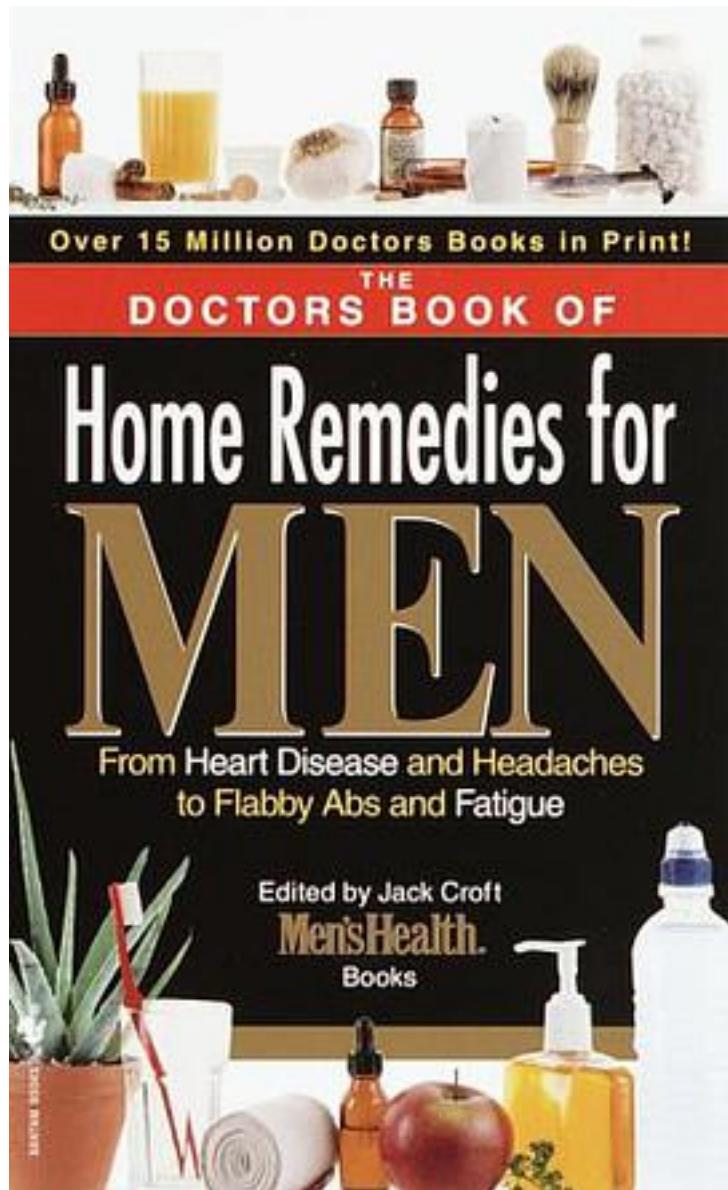


# The Doctors Book of Home Remedies for Men



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著者:Prevention Magazine Editors

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The most up-to-date advice on how men can take care of themselves

For most men, going to the doctor doesn't rank high on the fun scale. So wouldn't it be great to know how to take care of the most common health problems yourself? Here's how, as *The Doctors Book of Home Remedies for Men* is full of do-it-yourself options that are fast, effective, and approved by doctors.

This indispensable resource to good health and peak fitness presents the best and latest medical advice from more than 400 doctors on how to deal with the aches, pains, ailments, problems, and just plain hassles that men face every day. Out of the 2,000 tips in this easy-to-use volume not one requires a prescription or a doctor's visit. And many won't cost you a dime. So whether it's a serious problem such as angina or a minor annoyance such as five o'clock shadow, you'll find the answers inside:

Allergies

Anxiety

Back Pain

Baldness

Commuter Strain

Congestion

Constipation

Dandruff

Diabetes

Flatulence

Frequent Urination

Hangover

High Cholesterol

Impotence

Jock Itch

Kidney Stones

Midlife Crisis

Nausea

Nosebleed

Performance Anxiety

Razor Burn And Cuts

Shinsplints

Sex Addiction

Stress

Toothaches

Ulcers

Warts

And much more!

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