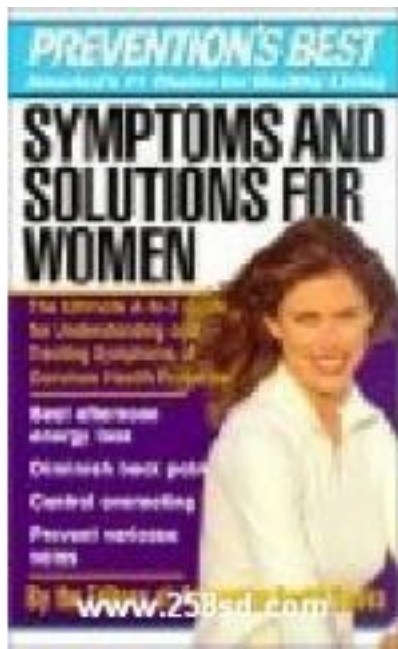


Symptoms and Solutions for Women



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著者:Prevention Magazine Health Books (EDT)

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Book Description ARE YOU LISTENING TO WHAT YOUR BODY IS TRYING TO TELL YOU? Are those leg cramps a warning that your body needs magnesium? Is that earache really the sign that you have a problem with your teeth? Are you feeling worn out from a lack of sleep, or a lousy lunch? Your body "talks" to you all the time through the symptoms it sends. And often, all you need to do to solve what's bothering you is to learn how to interpret those signs. This book can help. With wise advice and sensitivity, Symptoms and Solutions for Women helps you understand your body's symptoms and the underlying ailments that cause them. It shows you how to treat common problems using powerful natural remedies. And, this valuable reference raises red flags to warn you of certain symptoms that may signal a serious disease. Don't miss these helpful features: Easy A-to-Z symptom listing Essential

questions to help you analyze your symptoms A family medical tree to pinpoint your risks Common environmental causes of ill health-and ways to eliminate them Diet-related problems and how to spot them Safe, home remedies to relieve many minor ailments When to see a doctorand more!Packed with reliable information from Prevention's medical library and panel of health experts, SYMPTOMS AND SOLUTIONS FOR WOMEN is an invaluable reference.AUTHORBIO: PREVENTION HEALTH BOOKS is a division of Rodale, Inc., a publisher of such top-selling magazines as Prevention, Men's Health, New Woman, and Runner's World, along with today's most authoritative health books, including the 20-million-copy selling Doctors Book of Home Remedies Series. Prevention, America's #1 Choice for Healthy Living, is the single most popular health magazine in the country and is the nation's third most trusted source for health advice, trailing only the doctor and pharmacist in authority. The Editors of Prevention Health books are also the authors of the Prevention's Best titles: Foolproof Weight Loss Tips, Energy Boosters, Natural Healing for Dogs and Cats, Pain-free Living for Seniors, Anti-aging Secrets, Fat Fighters, Healing Herbs, Power Foods, Natural Remedies for Women, Complementary Cures, Vitamin Cures About the Author PREVENTION HEALTH BOOKS is a division of Rodale, Inc., a publisher of such top-selling magazines as Prevention, Men's Health, New Woman, and Runner's World, along with today's most authoritative health books, including the 20-million-copy selling Doctors Book of Home Remedies Series. Prevention, America's #1 Choice for Healthy Living, is the single most popular health magazine in the country and is the nation's third most trusted source for health advice, trailing only the doctor and pharmacist in authority. The Editors of Prevention Health books are also the authors of the Prevention's Best titles: Foolproof Weight Loss Tips, Energy Boosters, Natural Healing for Dogs and Cats, Pain-free Living for Seniors, Anti-aging Secrets, Fat Fighters, Healing Herbs, Power Foods, Natural Remedies for Women, Complementary Cures, Vitamin Cures

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