

Take Care of Yourself



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Annals of Internal Medicine "Every family should have this book." --This text refers to the Paperback edition. Book Description Take Care of Yourself is the world's best-selling health guide, and the only one that has been found to help reduce visits to the doctor and save money. Covering nearly 200 health-care problems and symptoms, it is easy to use, even in a crisis. Readers can locate their symptoms in the easily navigable guide and find a complete explanation of likely causes and possible home remedies. Diagrams show how to recognize problems, and, in many cases, treat them quickly, and the decision charts advise when exactly it's time to see a doctor. This comprehensive guide also covers emergencies, health problem prevention, the 20 things everyone should keep in a home pharmacy, and how to work best with a doctor. Revised and updated, it remains the most comprehensive and dependable self-care guide, and is essential for every home. --This text refers to the Paperback edition. See all Editorial Reviews

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