

# A Handbook of Natural Remedies for Common Ailments



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著者:

出版者:

出版时间:

装帧:

isbn:9780815957102

Linda Clark has become America's leading reporter on health and nutrition. This new HANDBOOK is her 15th book. It is a thoroughly documented, easy-to-understand guide for modern readers who wish to take the responsibility for their own health and well-being.

Miss Clark covers a broad spectrum of dis-

eases including -- but not limited to: alcoholism, allergies, anemia, arthritis, asthma, backaches, cancer, constipation, fatigue, headaches, indigestion, heart trouble, high blood pressure and hypoglycemia.

Twenty-five centuries ago, Hippocrates recognized that much illness was psychosomatic (due to wrong thinking and faulty emotions). He also understood that doctors don't

作者介绍:

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