

Take Care of Yourself



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The world’s bestselling health guide offers new material on the most recent critical health issues such as obesity, as well as additional new and updated information. Covering over 175 healthcare problems and symptoms, Take Care of Yourself is simple to use. Readers can look up their symptoms to locate an explanation of likely causes and possible home remedies, while diagrams show how to recognize problems and treat them, and decision charts advise when it’s time to see a doctor. This comprehensive guide also covers emergencies, the 20 things everyone should keep in a home pharmacy, and how to work best with a doctor.

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