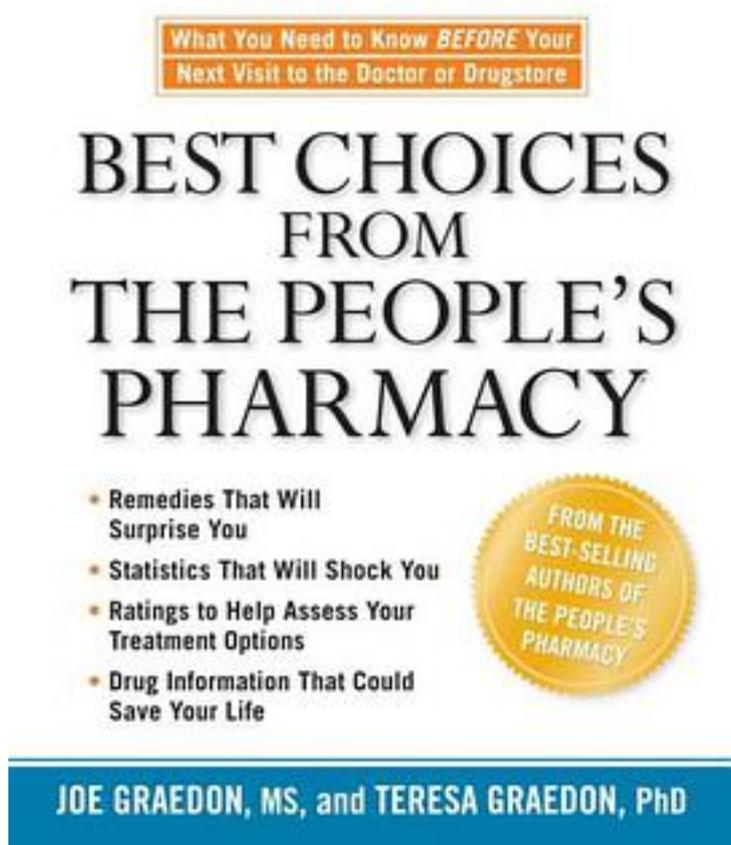


Best Choices from the People's Pharmacy



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From the New York Times bestselling authors of *The People's Pharmacy*®, a reliable resource for remedies and treatment—now in an easy-to-use trade format.

After more than three decades as one of the world's premier sources for

authoritative, trustworthy health information, The People's Pharmacy® delivers its most groundbreaking resource yet, identifying best choice treatments for hundreds of common medical conditions that smart health-care consumers want to know about. Inside readers will find:

- Remedies for scores of health concerns, from acne and allergies to heart disease and depression
- At-a-glance descriptions of the best choices— complete with possible side effects and approximate cost
- Remedy ratings that allow readers to compare treatment options for each condition
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Whether the best choice may be home remedies, lifestyle changes, herbal or nutritional supplements, or over-the-counter or prescription drugs, Best Choices from the People's Pharmacy® clearly evaluates the effectiveness, safety, and cost of treatment options—so readers can make the right decision for optimum health.

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