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# The Mayo Clinic Book Of Home Remedies: What To Do For The Most Common Health Problems



## Synopsis

Many common health problems can be treated with simple remedies you can do at home. Even if the steps you take don't cure the problem, they can relieve symptoms and allow you to go about your daily life, or at least help you until you're able to see a doctor. Some remedies, such as changing your diet to deal with heartburn or adapting your home environment to cope with chronic pain, may seem like common sense. You may have questions about when to apply heat or cold to injuries, what helps relieve the itch of an insect bite, or whether certain herbs, vitamins or minerals are really effective against the common cold or insomnia. You'll find these answers and more in Mayo Clinic Book of Home Remedies. In situations involving your health or the health of your family, the same questions typically arise: What actions can I take that are immediate, safe and effective? When should I contact my doctor? What symptoms signal an emergency? Mayo Clinic Book of Home Remedies clearly defines these questions with regard to your health concerns and guides you to choose the appropriate and most effective response.

## Book Information

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## Customer Reviews

The "Mayo Clinic Book of Home Remedies: What To Do For The Most Common Health Problems" is a colorful book of simple solutions for many health problems that you can do at home. Many of them seem like common sense, but then, how common is sense sometimes? The book does not contain a bunch of medical jargon or detailed explanations of the various conditions. Rather, the book simply states problems and then provides home remedies in easy to understand language. If you are looking for more of a medical book, this one is not for you. This book is very non-medical. Dr.

Phillip Hagen and Dr. Martha Millman, both from the Mayo Clinic, are the two medical editors of the book, and their goal was to develop a simple resource that could guide health decisions, offer easy remedies to treat many problems, and possibly reduce the need to visit clinics or emergency rooms. I think they succeeded and obtained their goal, because the book is filled with reliable, practical information on more than 120 of the most common medical conditions and issues related to good health. And the book is very simple and easy. If you have a number of medical guides, you probably don't need this book. There is a one page introduction, that explains these goals, and then provides a short bit on how the book is organized, which is basically by topics alphabetically. It makes it very easy to find what you are looking for. Then, under each topic there is a short summary that may include signs and symptoms, causes, and possible outcomes. Then there are the home remedies in another section. These describe the simple actions you can take to help prevent, treat, or manage the condition. This could be advice on diet and exercise, changing behavior, or supplements to help relieve signs and symptoms.

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