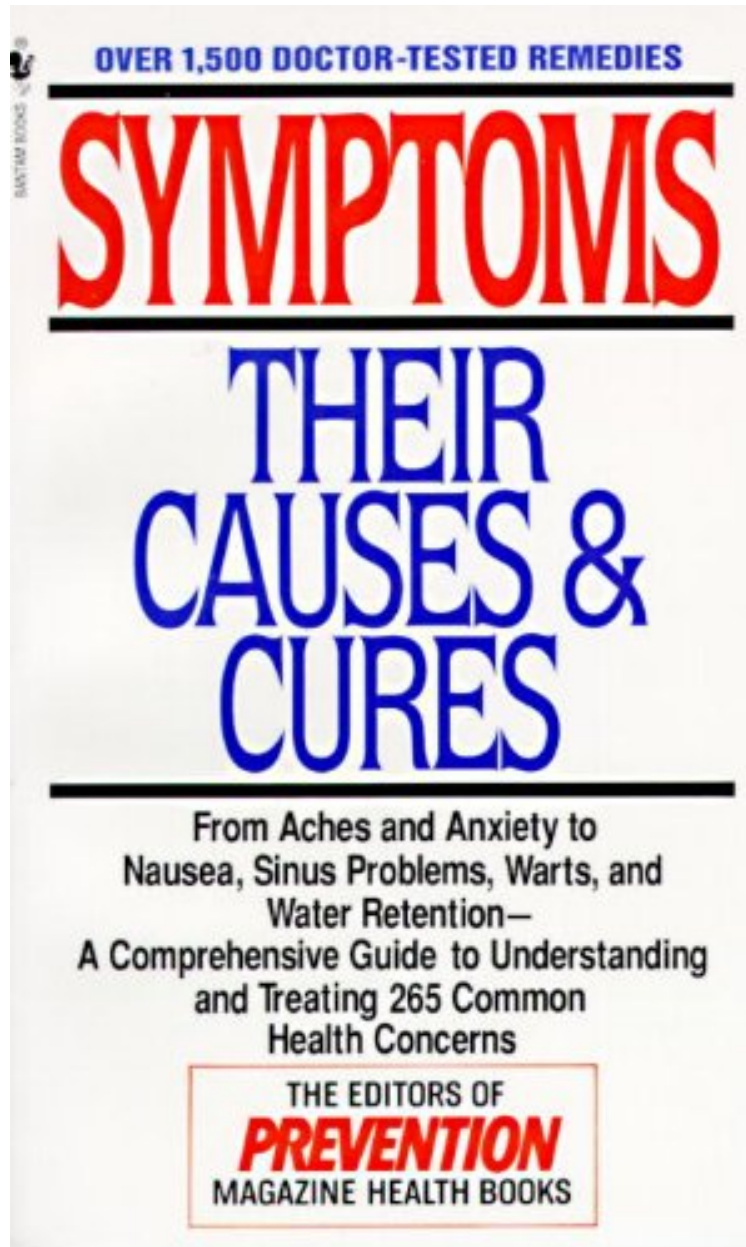


Symptoms: Their Causes Cures : How to Understand and Treat 265 Health Concerns

Prevention Magazine Editors
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Prevention Magazine Editors : Symptoms: Their Causes Cures : How to Understand and Treat 265 Health Concerns before purchasing it in order to gage whether or not it would be worth my time, and all praised Symptoms: Their Causes Cures : How to Understand and Treat 265 Health Concerns:

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Item as described, shipped on time--5 Stars Would buy again. Enjoying the reading, has a lot of information in it that is helpful.0 of 0 people found the following review helpful. Good ReferenceBy OhioanI like this book as a reference, and I like the way it's organized. First, symptoms are listed alphabetically, from A to Z (Ache All Over to Wrist Pain). After each symptom's name comes a section titled "What Your Symptom Is Telling You," and after that comes "Symptom Relief." Under "Earache," for example, there are nine separate Relief suggestions. When the symptom is deemed serious, the Relief suggestion is to Call Your Doctor, with an explanation why.3 of 3 people found the following review helpful. Good guide for anyoneBy Shelly L. CurtisAny layperson can use this guide to try and pinpoint some of the symptoms they are experiencing. People are becoming more health conscious and wanting to understand what is going on when they are ill. This is a quick and easy reference guide to get them headed in the right direction. It is user friendly for all and reminds people to consult their physicians with problems as well.

Based on the advice of leading medical practitioners, this comprehensive, A-to-Z reference guide from the editors of Prevention Magazine Health Books decodes hundreds of symptoms--from ankle swelling to dizziness, insomnia to rashes, seeing spots to taste loss. This book offers a variety of treatments as well as advice on when to contact a doctor.

From BooklistThe Doctors Book of Home Remedies II came out just the other day, but here the Prevention mag guys are again with lots of the same info in a new format they expect will justify a 75,000-copy first printing. They probably expect right, for many think of their discomforts not in terms of proper-named illnesses and syndromes but as irritants they'd just like to know whether to bring to a doctor or handle themselves. Such will warm to this reshuffling of the Prevention database because the first thing each entry counsels is "WHEN TO SEE YOUR DOCTOR": e.g., under "Canker Sores" appear two when-to conditions--"A sore in your mouth does not heal within two weeks" and "You develop a painless sore in your mouth." After the when-tos come, in each entry, succinct instruction on "What Your Symptom Is Telling You" and suggestions for "Symptom Relief." Occasional flashes of humor--e.g., "Somewhere between watching a rerun of `Gilligan's Island' and being branded with a hot poker is a torment called anal pain"--make it enjoyably as well as informatively readable. Ray OlsonAbout the AuthorThe editors of Prevention, all top-level health practitioners, are dedicated to providing authoritative, trustworthy, and innovative advice for a healthy, active lifestyle. Among their titles areThe Doctors Book of Home Remedies.