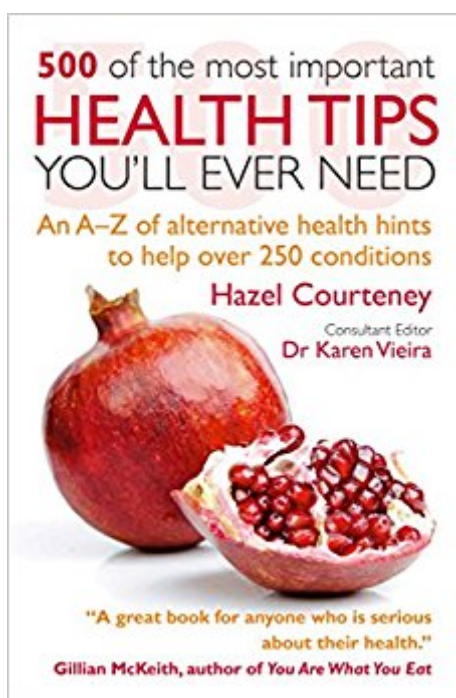


The book was found

500 Of The Most Important Health Tips You'll Ever Need: An A-Z Of Alternative Health Hints To Help Over 250 Conditions



Synopsis

In this fully updated edition, published for the first time in the US, award-winning health journalist Hazel Courteney reveals myriad ways to take more responsibility for our individual health. Covering conditions from arthritis to angina, cancer to cramps, liver problems to low blood sugar, this latest version also includes thousands of little-known facts, plus remedies, dietary advice, and helpful hints on how to prevent, heal, and where to find more help for over 250 ailmentsâeven rarer ones such as electrical pollution and autoimmune diseases, such as lupus, which are on the increase. Discover, too, which are the best supplements and super foods, such as pomegranates and tomatoes, and how they can help you. Updated with the latest scientific evidence on how to improve and maintain your health, day by day, this one-stop, easy-to-read reference book is the only guide youâll need to prevent and heal most health problems the alternative way.

Book Information

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Customer Reviews

Hazel Courteney is an award-winning health writer who has worked as a health columnist for both the Daily Mail and the Sunday Times, and continues to write regular features and columns for various publications. US Consultant Editor Dr Karen Vieira is a scientist with a PhD in Biomedical Sciences. She has years of research experience in the food industry with Kraft Foods.

Love it!!! totally helpful. Everyone should have one of this book at home. The information is easy to find and easy to read

I accidentally found this goldmine of a book and I'm super impressed. Helen Courteney has done a stellar job of looking at disease and illness with an objective and strategic eye. She emphasizes healing and encourages examination of the root cause that brought on the illness. She seems very informed. I am impressed that she reminds us that correcting chronic dehydration, imbalanced body pH, and nutrient deficiencies can often start us on the road to eradication of our health problems. I, too, write about and broadcast health information but don't often have the data I need to back up my knowledge, so this book will be recommended highly on my upcoming Internet radio show (Fat and Thirsty Radio) and eventually within my health blog (RX-FreeZone) in 2012. I also like it that she discusses what is already known about each health problem, so one can get some background and perspective on their own situation. I'm in the process of buying extra copies for gifts to my loved ones. It's a lot of value for the cost, and laid out in an easy-to-read style.

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