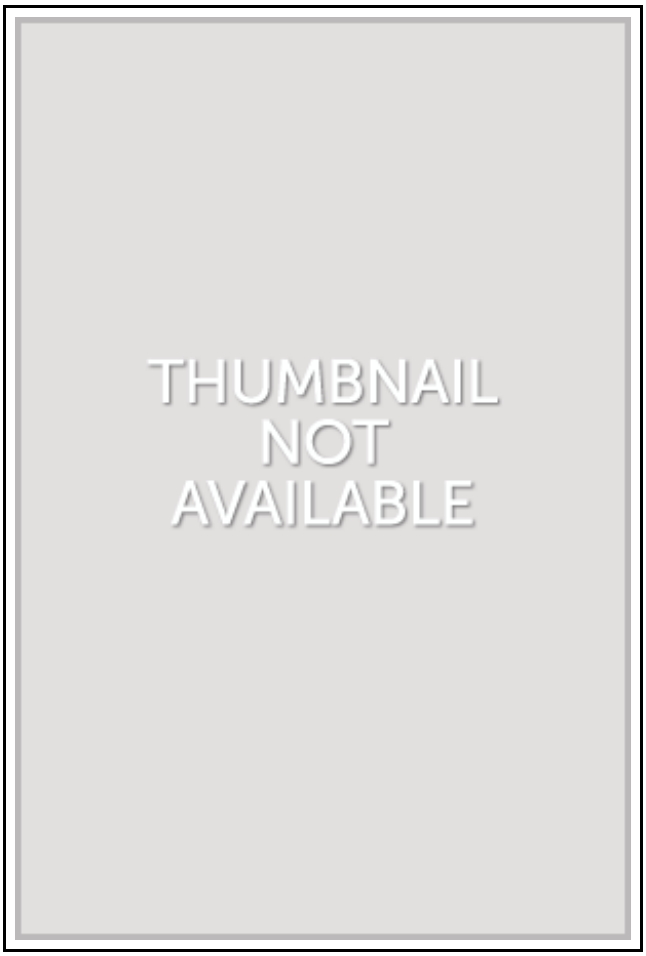
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Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, You are Your Own Best Medicine: A Doctor's Advice on the Body's Natural Healing Powers, Frederick Saldmann, In You Are Your Own Best Medicine, Frederic Saldmann, M.D., verifies the common sense of folk medicine with the latest medical research to reveal simple do-it-yourself remedies that activate the body's natural healing powers and address common ailments. You will learn: * how pistachios are more effective than Viagra * simple acupressure tricks to relieve cramps, congestion, and other acute conditions * how dark chocolate helps you lose weight * which sleep position increases your risk of cancer * the role of gut flora and probiotics in alleviating asthma * how kissing boosts the immune system and helps wounds heal faster and much more .Sharing startling study results, Dr. Saldmann explains how reducing your calorie intake by 30% each day can increase your life expectancy by 20% and how 30 minutes of exercise a day reduces your risk of cancer, Alzheimer's, and cardiovascular disease by 40%. Giving full scientific backing to home remedies that were well known three generations ago, as well as providing his own tips and tricks from his years as a respected medical doctor in Paris, Dr. Saldmann shows how the body can produce its own medicines and, given the opportunity, prevent illness altogether.

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