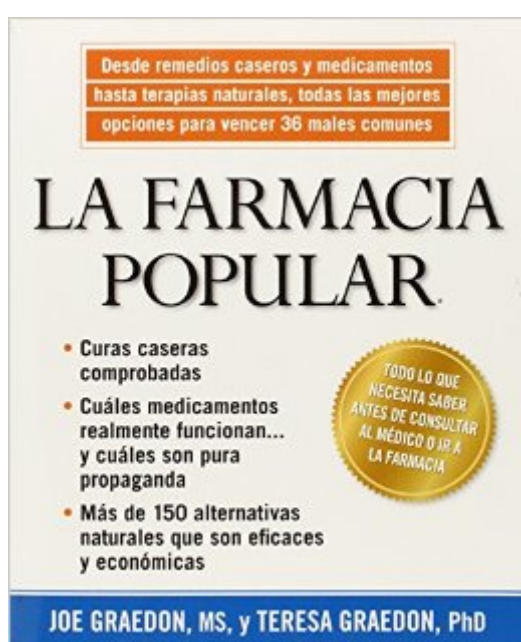


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La Farmacia Popular: Desde Remedios Caseros Y Medicamentos Hasta Terapias Naturales, Todas Las Mejores Opciones Para Vencer 36 Males Comunes (Spanish Edition)



Synopsis

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 the medical conditions that smart health-care consumers most want to know about. What makes a treatment a "best choice"? The designation draws on a combination of factors, including effectiveness, safety, and cost. Depending on the condition, the best choices may be home remedies, lifestyle strategies, herbal or nutritional supplements, over-the-counter or prescription drugs—or, in many cases, a combination of all of these. Best Choices from The People's Pharmacy is the first book to present such a wide range of treatment options and evaluate them side by side. Inside you'll find:

- Remedies for dozens of health concerns, from acne to weight loss
- Thumbnails that offer at-a-glance descriptions of the best choices
- complete with vital information on possible side effects and approximate cost
- Remedy ratings that allow you to compare the treatment options for each condition with ease
- The People's Pharmacy Favorite Picks
- a selection of self-care strategies, tested and recommended by People's Pharmacy fans

Best Choices from the People's Pharmacy is the latest work from Joe and Terry Graedon, whose incisive investigation and reporting of all aspects of health care has earned them a worldwide audience. The Graedons have culled their best choices through careful review of current scientific research, as well as testimonials from their legion of People's Pharmacy readers and listeners. And they present these treatments to you in the accessible, practical style that The People's Pharmacy is acclaimed for. Armed with this information, you can make the best choice for you.

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Muy buen libro, completo y facil de entender, da muchos consejos muy interesantes y el envio fue muy rapido. Excelente precio

Excellent book, it offers good orientations that help to solve situations that can generate doubts in certain cases of health

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