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The People's Pharmacy Quick and Handy Home Remedies: Q&As for Your Common Ailments

Joe Graedon, Terry Graedon

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A guide to healing foods and home remedies reported to and verified by Joe and Terry Graedon, including their carefully researched responses on how and why such treatments work. The core of this title is organized as Q&As between the general public and the Graedons. It contains as much information as a voluminous encyclopedia of home remedies, yet it's quick, easy, inviting, and fun to read, with the same friendly and authoritative personality conveyed in their popular call-in radio show. The Graedons also offer a dozen new recipes for food so good for you, it serves as preventive medicine.

Organized alphabetically by ailment and then, within each of those, by food or remedy. Offers the basics of three standard diets for health, weight control, and fitness, along with a dozen new recipes for preparing food to match the diets. Includes a helpful index and cross-referencing system, making the book both a good shelf reference and an entertaining browse.

This book builds on the reputation of The People's Pharmacy and adds the extra value that comes from a partnership with National Geographic.

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