Take Care Of Yourself: The Complete Illustrated Guide To Medical Self-care, Sixth Edition

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Take Care of Yourself is easy to use, even in a crisis. Simply look up a symptom in one of the chapters listed at the left. You'll find a complete explanation of likely causes and how you might relieve that problem at home. Diagrams will help you recognize problems and, in many cases, treat them quickly and easily. Easy-to-follow decision charts tell you exactly when to see a doctor. This book also covers emergencies, how to avoid health problems, what to keep in a home pharmacy, and how to work best with your doctor. Take Care of Yourself belongs in every home. Easy-to-use decision charts continue to break new ground after forty years in print. Take Care of Yourself is the go-to guide for at home self-care. Simple to use, even in a crisis. This comprehensive guide covers emergencies, over 175 healthcare concerns, the twenty things you should keep in a home pharmacy, and how to work best with your doctor. This new edition explains the latest research on how to postpone aging and what you can do to prevent chronic illness and stay in your best shape as you age. With new information on the Zika virus, prescription pain relievers, and other pertinent updates throughout, Take Care of Yourself remains your path to the most comprehensive and dependable self-care. NOTE: This title is a Bargain book.