

Smart Medicine: How to Get the Most Out of Your Medical Checkup and Stay Healthy

Hensel, Bruce

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Smart Medicine How To Get The Most Out Of Your Checkup And Stay Healthy

Edward T. Creagan



Smart Medicine How To Get The Most Out Of Your Checkup And Stay Healthy:

Smart Medicine Bruce Hensel,1989 Smart Medicine for Healthier Living Janet Zand,James B. LaValle,1999-05-01

Written by a medical doctor a naturopath and a registered pharmacist *Smart Medicine for Healthier Living* is a complete A to Z guide to the most common disorders and their treatments using both alternative care and conventional medicine

Comprehensive and easy to follow *Smart Medicine for Healthier Living* is divided into three parts Part one explains the full spectrum of approaches used to effectively treat common health problems It provides an overview of the history fundamentals and uses of conventional medicine herbal medicine homeopathy acupuncture aromatherapy diet and nutritional supplements It also includes a helpful section on home and personal safety Part two contains a comprehensive A to Z listing of various health problems Each entry clearly explains the problem and offers specific advice using a variety of approaches Part three provides step by step guidance on using the many therapies and procedures suggested for each health problem *Smart Medicine for Healthier Living* is a reliable source that you and your family can turn to time and time again whenever the need arises

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7-Day Gluten Free Express Diet Gail Johnson, Ron Hill, Jr, 2014-06-11 The 7 Day Gluten Free Express Diet is for adults who want to lose weight and feel better on a healthy gluten free diet for adults with gluten sensitivity or a wheat allergy who want to lose weight and for adults with celiac disease who want to lose weight The low Calorie menus assure that you will lose weight while going gluten free is a bonus that also makes many people feel better while on the diet This eBook contains two 7 day diet plans a 1500 Calorie diet and for even faster weight loss a 1200 Calorie diet Both calorie levels have an amazing 30 days of nutritious delicious easy to prepare gluten free meals and the guidance you need to succeed Most women lose 3 to 4 pounds Smaller women older women and less active women might lose a tad less and larger women younger women and more active women usually lose more Most men lose 4 to 5 pounds Smaller men older men and inactive men might lose a bit less and larger men younger men and more active men often lose much more You'll be surprised not only by what you can eat but also by how much you can eat Enjoy pasta French toast swordfish burgers and more With nutritional know how and good planning the authors have devised gluten free daily menus that leave you satisfied and where you should not be hungry This is an easy to follow sensible diet you can trust Table of Contents Why Gluten Free Is This Diet For You Choose Your Calorie Level Expected Weight Loss How to Use This eBook First a Medical Exam Eat Smart Gluten Free Tossed Salad About Bread Substituting Foods Important Notes Keeping It Off 1200 Calorie Daily Meal Plans Days 1 to 7 1500 Calorie Daily Meal Plans Days 1 to 7 Recipes Diet Tips Day 1 Chicken with Peppers Onions Day 2 Baked Herb Crusted Cod Day 3 French Toast Day 4 Low Cal Meat Loaf Day 5 Margherita Pizza Day 6 Baked Salmon with Salsa Day 7 Pasta with Marinara Sauce Appendix A Gluten Notes Appendix B Gluten Free Foods Appendix C Gluten Free Soup Appendix D Exercise Smart

Intelligent Medicine Ronald L. Hoffman, 1997-08-29 For the 74 million people in their late thirties and early forties Intelligent Medicine presents the complete spectrum of health care options Ronald Hoffman who specializes in integrating conventional and alternative medicine discusses each major system in the body and offers preventive techniques and treatment options for common ailments in Intelligent Medicine

Working Mother, 1993-09 The magazine that helps career moms balance their personal and professional lives

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fascinating book Anne Gittleman PhD author of The Fat Flush Plan It picks you up and calms you down warms you and refreshes you With black white red green and herbal varieties there s a tea for every taste and now this time honored superfood is trending as the drink of choice for health conscious people of all ages and cultures This fascinating book boils down the rich history of tea as well as the ever expanding list of health and weight loss benefits found in its leaves You ll discover How black and white teas are heating up the beverage world with antioxidants and nutrients that lower heart disease stroke and cancer risk and fight inflammation viruses and bacteria How age defying spa treatments made from tea can soothe your skin soften your hair and give you an all over glow and peace of mind The latest knowledge from top medical researchers and tea experts on how the superfood can tackle digestive problems depression anxiety aches and pains and add years to your life Over 50 home cures you can stir up to boost energy and lessen stress and treat the common cold insomnia and more Comforting recipes like Warm Scones with Jam and Devonshire Cream Assorted Finger Sandwiches Scrumptious White Tea Scallops and Russian Tea Cookies paired with the perfect brew hot or iced Better health is just a sip away With this book sweetened with lively stories you ll learn the hottest tips to improve your health boost brainpower and even clean your house

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Calories in Bread and Cereals Calories in Oils and Nuts Appendix E Frozen Food Safety *Medical Diagnosis* Don Nardo,1992 An examination of the techniques and tools used by early healers and modern physicians to uncover the signs of disease **How Not to Be My Patient** Edward T. Creagan,2003 Dr Creagan s prescription for prevention and survival teaches readers how to take control of their health care their medical records and their decision making and shows patients how to wisely select and build partnerships with their doctors *Ready to Wed* Greg Smalley,Erin Smalley,2015-04-16 Are You Planning a Wedding or Preparing for a Marriage Like most engaged couples you re researching venues trying on dresses and picking out tuxedos or suits tasting sample dishes dreaming of honeymoon destinations and doing everything to ensure your wedding day is the event of a lifetime But as more seasoned couples will tell you there s more to a marriage than a wedding A lot more How do you build a marriage that you ve dreamed of Dr Greg Smalley vice president of marriage at Focus on the Family and his wife Erin along with 14 marriage experts serve as your marriage guides as you prepare for life beyond the wedding day From how to handle those everyday conflicts to how to better connect on a spiritual level they ll show you how to get ready for a lifetime of commitment When the flowers have faded and the last morsel of cake has been eaten you ll stand with your new spouse ready to face life together Equip yourself for a marriage that lasts by learning How to leave your parents while still honoring them and cleave to your spouse Why spiritual intimacy is key to a lasting relationship Why the language of love is communication and how to build it How to manage conflict in a healthy God honoring way Why sexual intimacy in your marriage will be the gift that keeps on giving Invest in a marriage that will last for decades Are you ready Senior Services Resource Directory ,1989

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