

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

Ronald L. Hoffman



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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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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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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