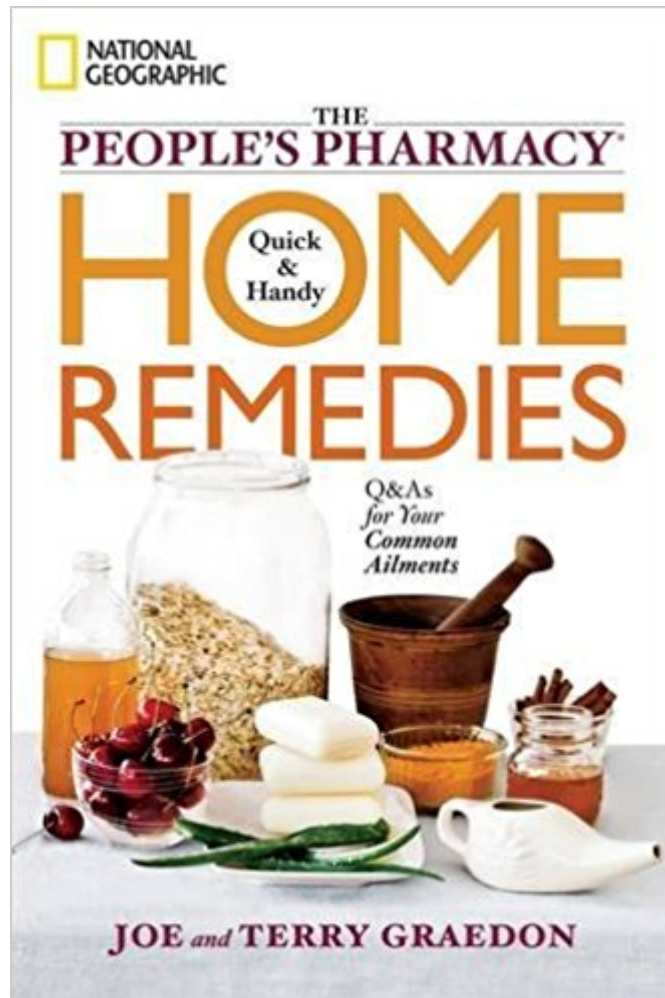




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# The People's Pharmacy Quick & Handy Home Remedies



## Synopsis

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.

## Book Information

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## Customer Reviews

People's Pharmacy: • "The Graedons offer evidence-based answers to questions about home remedies for common health problems." • Book News Inc. • "This is an excellent book that proves better health can be achieved by healing yourself at home with remedies right out of the cupboard, refrigerator, or garden." • Tucsoncitizen.com • "Very readable as well as entertaining, this is a great resource for those interested in home

remedies for everyday woes. *Library Journal* "A compilation of reader feedback to remedies, plus a list of 24 foods the authors suggest can help with health problems such as high cholesterol, high blood pressure and high blood sugar. The foods list includes coffee, blueberries, green tea, beets and chocolate. *Richmond Times Dispatch* "In these times when so many lack medical insurance, an investment in this book might be a good idea. *Foodsiteoftheday*.

Joe and Terry Graedon have since written 14 more books, including *Best Choices from the People's Pharmacy* (Rodale), which has sold more than 400,000 copies in numerous editions. Joe Graedon is a pharmacologist; Terry Graedon has a Ph.D. in medical anthropology. They combine their expertise to bring a unique approach to traditional, natural, and home remedies. They write *The People's Pharmacy*® syndicated newspaper column, distributed by King Features®; they co-host an award-winning health talk show, carried weekly by 128 public radio stations; they maintain a rich and lively website, [www.peoplespharmacy.com](http://www.peoplespharmacy.com); and they speak frequently on health issues on television news and information programs, asked to discuss issues relating to drugs, herbs, home remedies, vitamins, and similar health topics. Appearances include public television, *Dateline NBC*, *20/20*, *Extra*, *The Oprah Winfrey Show*, *Good Morning America*, *CBS Morning News*, *Today* and *NBC Evening News*.

I have already had occasion to pull the book out twice and look for a home remedy (once for a burn and once for a leg cramp)...and both worked great! There are many things that happen in our daily lives that are annoying and/or painful, but do not merit a doctor's visit. This book is easy to use and great for these occurrences!

I love this book. I've learned so many things and tried them! I switched to Listerine & Baking Soda for toothpaste due to the lauryl sulfate in tp that causes canker sores. My mouth feels so much better. Really great book.

Easy and fun to read, but not as comprehensive as I had hoped. I looked at a two-volume set several years ago priced at \$35, and the remedies and ailments were legion. There's a lot of science in this one, when available. When, not, they let you know the cure is anecdotal.

I just recently discovered the book could be ordered on my Kindle. I have bad eyesight and cannot

read small print books. I had wanted this book for a long time and didn't know it was available on my Kindle. The Graedon's have an article in our local newspaper each week and I get their newsletter in my e-mail. I am so happy to have it. I refer to it about every day. Love the home remedies.

Somewhat disappointing in that its not nearly as comprehensive as the web site. I should have just used the web site instead of buying a book.

This book is an excellent source of practical and useful information. Rather than get on the assembly line conveyor belt of modern medicine, which leads through your wallet, look for solutions before you become drug addicted and have traded symptoms that were worse than your original complaint. Love the intention of these author - to make people more self-reliant and confident about their bodies.

This is a very helpful book. Just the hint of the use of Turmeric alone is worth the price of the book as my husband tried it for his back and it brought him relief from his pain.

This was bought because I would rather use home remedies , than take medicine. There are many incredible suggestions for almost every kind of problem. Always check it before going out to buy over the counter drugs . It has been very helpful.

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