

The Famous Bestseller by the
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ARTHRITIS & *Folk* MEDICINE



*An Almanac of
Natural Health Care*

D. C. J a r v i s , M. D.

Arthritis And Folk Medicine Almanac Of Natural Health Care

D. C. Jarvis



Arthritis And Folk Medicine Almanac Of Natural Health Care:

Arthritis and Folk Medicine D. C. Jarvis, 1960 I believe the doctor of the future will be a teacher as well as a physician His real job will be to teach people how to be healthy Dr D C Jarvis Because it s not contagious and seldom causes death the medical profession has not always given arthritis the attention and interest it deserves especially since it afflicts so many patients of all ages But folk medicine is filled with information and remedies to deal with this painful disease and Dr Jarvis has gathered many of them in Arthritis and Folk Medicine In his practice Dr Jarvis discovered that Vermonters have a long tradition of health practices and are of great benefit to arthritis sufferers He explains The folk medicine approach to understanding arthritis How and why the weather affects arthritis What Vermonters eat to maintain good health Why acidic preferences in food are important How to check your body performance And much more Now anyone can learn Dr Jarvis s secrets of good health that Vermonters have known for centuries working with nature instead of against it is the best medicine

Folk Medicine D.C. Jarvis, M.D., 1995-03-01 MORE THAN THREE MILLION COPIES SOLD Discover the commonsense remedies of New England folk medicine which have been curing aches and pains and helping people live better for generations A fascinating book by a distinguished Vermont physician New York Daily News Vermont folk medicine has much to give those who reject as inevitable the specter of physical impairment and weakness and who prefer instead to plan to be strong and free from disease to the very end of their days Dr D C Jarvis For centuries the vigorous and healthy families of Vermont have embraced the curative properties of folk medicine which utilizes products from nature to alleviate and avoid disease Fifth generation Vermonter Dr D C Jarvis spent years practicing medicine in the Green Mountains and observing the natural wonders of Vermont folk medicine In Folk Medicine he explores the history of folk medicine and how simple natural ingredients like apple cider vinegar and honey can help you Improve sleep and overcome chronic fatigue Reduce high blood pressure Burn fat and reduce body weight Shrink varicose veins And more With Dr Jarvis s thoughtful guidance you will learn how you too can harness the natural secrets of folk medicine Emily's Vinegar Diet Book Emily

Thacker, 2006-12-01 This is the easy to follow diet you have been waiting for It helps you lose weight without counting calories or being hungry This time you ll keep the weight off for life This easiest diet ever helps you lose pounds and inches and keep them off With a tonic of apple cider vinegar and honey there is no confusing calorie counting food restrictions or expensive supplements Increase your energy level while the pounds melt away See how to use the magic of thermogenesis to be thinner look younger and feel more vigorous without depriving yourself of the foods you love *Catalog of Beekeeper's*

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