



Best Choices from the People's Pharmacy: What You Need to Know Before Your Next Visit to the Doctor or Drugstore

Joe Graedon, Teresa Graedon

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
From the *New York Times* bestselling authors of *The People's Pharmacy*, comes a reliable resource for remedies and treatment.

After more than three decades as one of the world's premier sources for authoritative, trustworthy health information, The People's Pharmacy delivers its most groundbreaking resource yet, identifying bestchoice treatments for hundreds of common medical conditions that smart health-care consumers want to know about. Inside readers will find:

- Remedies for scores of health concerns, from acne and allergies to heart disease and depression
- At-a-glance descriptions of the best choices--complete with possible side effects and approximate cost
- Remedy ratings that allow readers to compare treatment options for each condition
- The People's Pharmacy Favorite Picks--self-care strategies tested and recommended by fans

Whether the best choice may be home remedies, lifestyle changes, herbal or nutritional supplements, or over-the-counter or prescription drugs, *Best Choices from the People's Pharmacy* clearly evaluates the effectiveness, safety, and cost of treatment options, so readers can make the right decision for optimum health.

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