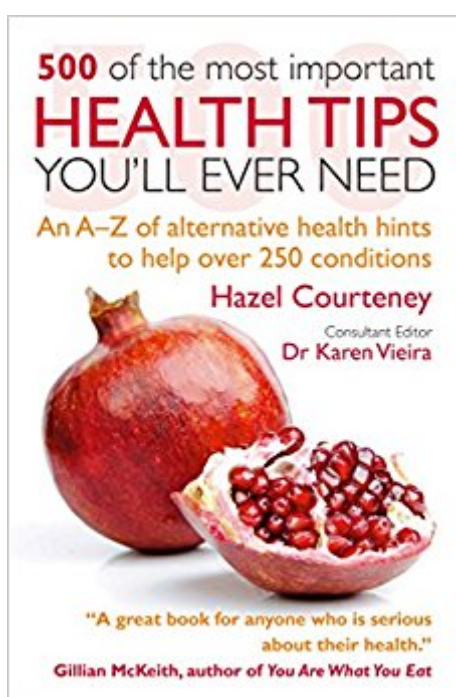


The book was found

# 500 Of The Most Important Health Tips You'll Ever Need: An A-Z Of Alternative Health Hints To Help Over 250 Conditions



## Synopsis

In this fully updated edition, published for the first time in the US, award-winning health journalist Hazel Courteney reveals myriad ways to take more responsibility for our individual health. Covering conditions from arthritis to angina, cancer to cramps, liver problems to low blood sugar, this latest version also includes thousands of little-known facts, plus remedies, dietary advice, and helpful hints on how to prevent, heal, and where to find more help for over 250 ailmentsâeven rarer ones such as electrical pollution and autoimmune diseases, such as lupus, which are on the increase. Discover, too, which are the best supplements and super foods, such as pomegranates and tomatoes, and how they can help you. Updated with the latest scientific evidence on how to improve and maintain your health, day by day, this one-stop, easy-to-read reference book is the only guide youâll need to prevent and heal most health problems the alternative way.

## Book Information

Paperback: 432 pages

Publisher: CICO Books; 1 edition (January 13, 2011)

Language: English

ISBN-10: 190703076X

ISBN-13: 978-1907030765

Product Dimensions: 9.2 x 1.2 x 5.3 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #942,077 in Books (See Top 100 in Books) #45 in Books > Health, Fitness & Dieting > Alternative Medicine > Reference #895 in Books > Health, Fitness & Dieting > Reference #11154 in Books > Health, Fitness & Dieting > Diets & Weight Loss

## Customer Reviews

Hazel Courteney is an award-winning health writer who has worked as a health columnist for both the Daily Mail and the Sunday Times, and continues to write regular features and columns for various publications. US Consultant Editor Dr Karen Vieira is a scientist with a PhD in Biomedical Sciences. She has years of research experience in the food industry with Kraft Foods.

Love it!!! totally helpful. Everyone should have one of this book at home. The information is easy to find and easy to read

I accidentally found this goldmine of a book and I'm super impressed. Helen Courteney has done a stellar job of looking at disease and illness with an objective and strategic eye. She emphasizes healing and encourages examination of the root cause that brought on the illness. She seems very informed. I am impressed that she reminds us that correcting chronic dehydration, imbalanced body pH, and nutrient deficiencies can often start us on the road to eradication of our health problems. I, too, write about and broadcast health information but don't often have the data I need to back up my knowledge, so this book will be recommended highly on my upcoming Internet radio show (Fat and Thirsty Radio) and eventually within my health blog (RX-FreeZone) in 2012. I also like it that she discusses what is already known about each health problem, so one can get some background and perspective on their own situation. I'm in the process of buying extra copies for gifts to my loved ones. It's a lot of value for the cost, and laid out in an easy-to-read style.

[Download to continue reading...](#)

500 of the Most Important Health Tips You'll Ever Need: An A-Z of alternative health hints to help over 250 conditions  
500 Tapas: The Only Tapas Compendium You'll Ever Need (500 Series Cookbooks) (500 Cooking (Sellers))  
Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1)  
Minecraft: Over 500 Awesome Minecraft Hints & Tips (MineCraft Gaming Expert - Unofficial Minecraft Guides (Minecraft Handbooks, Minecraft Comics & Minecraft Books for kids) Book 2)  
The Only EKG Book You'll Ever Need (Thaler, Only EKG Book You'll Ever Need)  
500 Salads: The Only Salad Compendium You'll Ever Need (500 Cooking (Sellers))  
500 Pizzas & Flatbreads: The Only Pizza & Flatbread Compendium You'll Ever Need (500 Cooking (Sellers))  
Northwest Top 10 Garden Guide: The 10 Best Roses, 10 Best Trees--the 10 Best of Everything You Need - The Plants Most Likely to Thrive in Your Garden ... Most Important Tasks in the Garden Each Month  
Midwest Top 10 Garden Guide: The 10 Best Roses, 10 Best Trees--the 10 Best of Everything You Need - The Plants Most Likely to Thrive in Your Garden - ... Most Important Tasks in the Garden Each Month  
500 Social Media Marketing Tips: Essential Advice, Hints and Strategy for Business: Facebook, Twitter, Pinterest, Google+, YouTube, Instagram, LinkedIn, and More!  
500 Digital Video Hints, Tips, and Techniques: The Easy, All-In-One Guide to those Inside Secrets for Shooting Better Digital Photography  
BODYBUILDING: The Best BODYBUILDING DIET - The Most Effective Tips And Tricks You Need To Know For The Body You Ever Wanted: (bodybuilding, bodybuilding ... bodyweight train, bodybuilding nutrition)  
Crystal Prescriptions: The A-Z Guide to Over 1,250 Conditions and Their New Generation Healing Crystals (Volume 2)  
Secret Gateway to Health: The Single Most Important Thing You Need to Know for a Long Healthy Life  
Figure Poses

for Fashion Illustrators: Scan, Trace, Copy: 250 Templates for Professional Results. Includes a CD-ROM with over 250 copyright-free images. Earthing: The Most Important Health Discovery Ever! The Five Most Important Questions You Will Ever Ask About Your Organization The Most Important Thing You'll Ever Study: A Survey of the Bible The Most Important Thing You'll Ever Study (Set): A Survey of the Bible The 6 Most Important Decisions You'll Ever Make: A Guide for Teens

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)