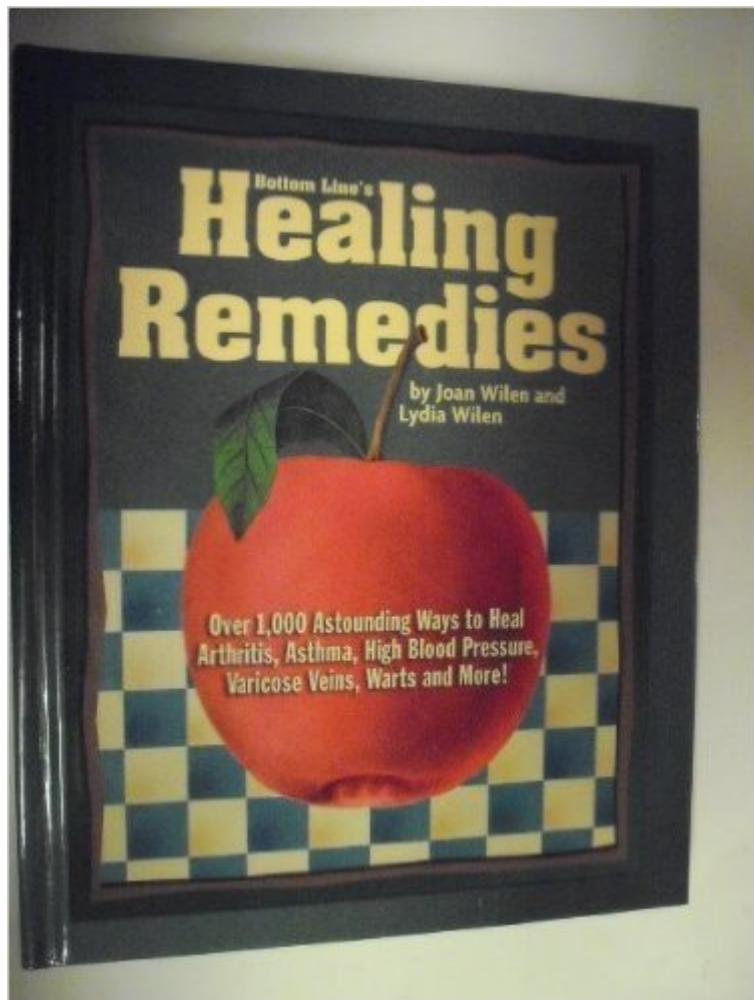


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Bottom Line's Healing Remedies



Synopsis

Bottom Line's Healing Remedies

Book Information

Hardcover: 337 pages

Publisher: Bottom Line Books (2006)

Language: English

ISBN-10: 0887234127

ISBN-13: 978-0887234125

Product Dimensions: 10 x 8.2 x 1 inches

Shipping Weight: 2 pounds

Average Customer Review: 3.7 out of 5 stars [See all reviews](#) (10 customer reviews)

Best Sellers Rank: #1,570,028 in Books (See Top 100 in Books) #77 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure #24180 in Books > Health, Fitness & Dieting > Alternative Medicine

Customer Reviews

Like BOTTOM LINE, this co-authored/co-edited volume is just as useless, and just as "sensational." As a "health nut" myself who uses some alternative medicines, I have tried numerous older and newer "healing remedies" in this book and found them ridiculous. I don't care one whit that the authors were guests on any TV show; their folksy, simple, counterintuitive approaches have never worked for me or any of my friends that have tried them. (The few that might seem to work are those that are well known and spring from common sense.) Maybe we're too skeptical, but we do suspend judgement for the period such "effective" and "tested" "remedies" are tried. This failure is not a good "batting" average. These authors know what desperate, ailing people want and are willing to puff even the slimmest of possibilities as "cures." They are slick salesladies. BOTTOM LINE (typical of its approach) advertises the authors as "famed researchers;" the former may be somewhat true, but the latter is not (unless "researchers" is put in quotes). This is based on my research. This book is a real remedy, but AGAINST following the authors' advice. Save your money and instead subscribe to "Nutrition Action Health Letter" by the Center for Science in the Public Interest, and "Consumer Reports on Health" (to some extent, a compendium of many health newsletters) by Consumers Union, publisher of "Consumer Reports." Eat correctly, exercise, take necessary supplements or medications, and see your holistic and traditional doctor or specialist. Don't fall for sensationalism. That's it.

This one is better than most I've ordered. It includes some relavent folk healing that a lot of them don't, that is, something that'll do you some good. Many of the others I've ordered tell you "doctor" stuff which includes the medical profession "idea" (huh!) of treating, not curing. That word is not in their vocabulary. Pay attention, though, some of the little ones will slide right by you if you're not careful.

Easy to read. Helpful. A good addition to our home library. Found it right here on . Maybe I'll ask them to sell-it-again if I decide to break down my library. For now it a nice little reference.

I ordered this book for my mom and she loves it. it has very interesting home remedies that are very useful so I guess its a book to have in a home. It was a used booked but it was in great condition (like new) as advertised by the vendor so I would higly recommend this book.

I would absolutely recommend this product, Bottom Line's Healing Remedies in fact I did and a friend purchased the same item and was completely satisfied as well.

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