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# The Mayo Clinic Book Of Home Remedies: What To Do For The Most Common Health Problems



## Synopsis

Many common health problems can be treated with simple remedies you can do at home. Even if the steps you take don't cure the problem, they can relieve symptoms and allow you to go about your daily life, or at least help you until you're able to see a doctor. Some remedies, such as changing your diet to deal with heartburn or adapting your home environment to cope with chronic pain, may seem like common sense. You may have questions about when to apply heat or cold to injuries, what helps relieve the itch of an insect bite, or whether certain herbs, vitamins or minerals are really effective against the common cold or insomnia. You'll find these answers and more in Mayo Clinic Book of Home Remedies. In situations involving your health or the health of your family, the same questions typically arise: What actions can I take that are immediate, safe and effective? When should I contact my doctor? What symptoms signal an emergency? Mayo Clinic Book of Home Remedies clearly defines these questions with regard to your health concerns and guides you to choose the appropriate and most effective response.

## Book Information

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## Customer Reviews

Mayo Clinic is one of the world's oldest and largest multispecialty group practices. Since 1904, millions of people from all walks of life have found answers at Mayo Clinic.

Very disappointed. Mayo Clinic is renowned for their cutting edge in medicine so that set up an expectation for me that this book would really have great insight to common ailments/problems. The cover shows a bowl that looks like honey, and something that looks like supplements maybe. The

Title says HOME Remedies, so with this book being done by the Mayo clinic, and it shows items that you can use from your home, or supplements and the title I expected actual remedies. I will list a few of the things in the book to explain my disappointment. Sprains is listed in the book - Their advice? RICE - Rest, ice, compress, elevate I mean this is extremely basic 1st aid that I would think most would know. There was absolutely no insight into some novel way to handle such a common thing. Indigestion - Eat smaller more frequent meals, avoid triggers, maintain healthy weight, exercise, manage stress, reconsider meds, drink herbal tea with peppermint. Anyone that has been diagnosed with this, knows those VERY basic things. But I expected to see, try eating Ginger as it really helps settle the stomach. I wanted to hear about natural remedies that could be used at home to resolve this. Eczema - Identify and avoid triggers, apply anti-itch cream, avoid scratching, use mild soaps and moisturize skin, use a humidifier.....Again anyone that has this diagnosis knows these very basic things. A dermatologist would clearly say to take warm, but not hot shower, and to put a cream on while your skin is still moist....There are a FEW things that do list supplements or something that you can do to help. You may see drink tea or take B vitamins or something sprinkled here and there but overall this book doesn't really offer anything unique.

Although this book is called "Home Remedies," you will find a lot of first aid information that is helpful and solid. For example, I twisted my ankle not too long ago and then subsequently hurt my back. I found that the advice was useful and sensible. A lot of readers may want home remedies that are not too different from folk medicine. This book is not for you. This is a very well-designed, interesting book that offers updated health-care information about health problems that can typically be treated at home. If you live in a hurricane zone as I do, I think this book would be a useful addition to one's emergency kit.

What a waste this book should say Mayo's book of common sense that any moron should know because I learned nothing I didn't know. They're using the Mayo name to scam sales.

The book reminds me of remedies that you might have gotten from a grandmother. Not a problem but it would have been nice if there was a little more technical detail behind some of the explanations. Had to buy the Mayo Clinic Family Health Book to get that extra info. The book does include fixes for some of the most common problems and suggests when you need to seek medical help if certain symptoms are there. Mostly I needed to purchase since I only have internet access at work and kids usually get sick at 3:00am.

As other reviewers have mentioned (and no, I didn't read these reviews before ordering the book, sadly), this is full of everyday, commonly known remedies. It's a nice book, but I was expecting some new information. All of this is available on Google OR from your mom!

I enjoy reading the home remedies. I trust Mayo Clinic and I believe some of the remedies are better than prescribed meds.

Nowhere near enough info, especially considering it's coming from the Mayo Clinic.

I was disappointed because I expected more in depth details regarding the remedies. Most of the remedies I already knew about from reading other books, but I thought that because the title of the book was "Mayo Clinic," it would have more information. Oh well

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