



How to Be Your Own Doctor

Carl E. Shrader

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How to Be Your Own Doctor Carl E. Shrader

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Written in plain English from the point of view of experienced M.D. Carl E. Shrader, *How to Be Your Own Doctor* is full of practical suggestions you can use to give yourself a vital advantage when it comes to your health. Dr. Shrader will tell you everything you need to know to save yourself many times the cost of this book by:

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- Using inexpensive home remedies
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- Avoiding unnecessary doctor's visits, misdiagnoses, and expensive surgeries

This book has information to help keep every member of your family in excellent health. You'll learn about everything from pregnancy and infant care to arthritis and Alzheimer's, including choosing a doctor, dealing with HMOs, allergies, drug addiction, sex after 60, and over a hundred other health and safety issues you and your family face every day.

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