

In his #1 New York Times bestsellers Spontaneous Healing and Eight Weeks to Optimum Health, Dr. Andrew Weil opened our eyes to the bodys wondrous ability to heal itself naturally. And after the tremendous response he received from countless readers, he launched the Web site Ask Dr. Weil (www.drweil.com), which is the HotWired Networks top-rated program on the Internet. Now, in this comprehensive edition of the complete Ask Dr. Weil book series, he offers guidance on the issues that matter to us most, including Womens Health--How can I fight PMS naturally?--What are the best methods of birth control?--Which herbs help hot flashes?Your Top Health Concerns--Am I a chocoholic?--Is there help for chronic fatigue syndrome?--Does red wine really help my heart?Natural Remedies--What is the best cure for a hangover?--What can I do to stop snoring?--What is the best treatment for a bee sting?Common Illnesses--How can I fight Lyme disease?--Is there a natural cure for bad breath?--Can I fight depression without drugs?Healthy Living--What is the best way to quit smoking?--Does an aspirin a day keep the doctor away?--Is decaf healthier?Whether you are eager to learn about the best path to recovery from illness or hoping to enhance your overall well-being, Dr. Weils expert advice will gently guide you toward the healthier, fuller life you deserve.

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