



Healthy at Home: Get Well and Stay Well Without Prescriptions

Tieraona Low Dog

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[MP3-CD audiobook format in Vinyl case. *NOTE: The MP3-CD format requires a compatible audio CD player.]

[Read by Karen White]

(Previously titled: Home is Your Best Medicine)

***Includes a bonus PDF with recipes, charts, and more.**

At a time when taking charge of your own health care is all the more essential, respected doctor and Andrew Weil protégée Tieraona Low Dog advises on the art and science of healing at home. In this follow-up to *Life Is Your Best Medicine*, get the how, when, and why of getting better and staying well with homemade remedies that the doctor orders. -- With the help of an expert in natural healing, herbal medicine, and home remedies, you can take charge of health care. Never have we needed this sort of advice more than now, as worries about hospital-borne infections, antibiotic resistance, and pandemic threats make us yearn for the days of doctor home visits and mother's chicken soup. We need to rediscover the special care and comfort that comes from caring for health at home. In this book she guides us in identifying, responding to, and caring for all the most common ailments, so that when it's time to take care at home, you have a doctor's advice on how. Learn how to make herbal remedies and why you and your family will be healthier for doing so -- and get advice on when it's best to consult a health care professional instead. -- Organized by general remedy types (teas, salves, compresses, ointments) and common ailments (colds, fever, insomnia, back pain), this innovative book is sure to become a household standard and go-to guide for treating a wide variety of conditions and illnesses at home. Practical advice and recipes are embedded in a rich and inspirational personal narrative written in the strong, authoritative, and charismatic voice of Tieraona Low Dog, physician and teacher at Andrew Weil's Center for Integrative Medicine.

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