



A Doctor in Your Suitcase: Natural Medicine for Self-Care When You Are Away from Home (Paperback)

By Nina Anderson, Michael Gazsi

Safe Goods Publishing, United States, 2000. Paperback. Condition: New. Language: English . Brand New Book. This concise pocket guide was designed to help you treat illness when you are traveling and miles away from your doctor. Home remedies and nutritional, herbal, and homeopathic treatments are provided for a range of health problems and disorders, including bites and stings, colds and flu, cuts and wounds, diarrhea, headache, indigestion, insomnia, motion sickness, nausea, sprains, and more. A handy appendix guides you in using herbal applications, hot and cold compresses, and homeopathic remedies.



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