



The Complete Family Health Book (American Medical Women's Association)

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The Complete Family Health Book is the one book you'll turn to when you want the best medical advice for your family. In a colorful, easy-to-read format this authoritative volume gives you all the best information you need to keep your family well--and well-informed.

Featuring:

- *A time-saving symptom file, designed to help steer you straight to the medical information you need.
- *The family guide to medication, a list of common prescription and OTC medications and their uses and side-effects.
- *First aid instructions for common emergencies.
- *The latest nutritional guidelines for kids and adults.
- *A guide to body systems and their changes from birth to maturity.
- *Tips for choosing the right health care provider in today's jungle of managed-care options.

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