



Reader's Digest Health Secrets: The Best Remedies from Around the World

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Hundreds of health secrets revealed to take charge of your health and well being. You'll learn how simple changes or additions to your diet, exercise habits, and daily routine can boost your physical and mental health at every stage of life.

Did you know that drinking beetroot juice can lower blood pressure? That the healthiest people are those that stay in tune with their natural body rhythms? That you can include cups of tea as part of your recommended daily water intake? These are just some of the hundreds of tips contained in Reader's Digest Health Secrets. The editors of Reader's Digest have gathered information from around the globe, incorporating a holistic view of health that embraces the mind and body connection. The book encompasses everything from special diets to prescription drugs and herbal medicine. It draws on wisdom of tribal societies as well as top academic institutions to present hard-hitting information on topics ranging from super foods to the latest surgical techniques. Reader's Digest Health Secrets offers a unique mix of ancient lore, home remedies, and new cutting-edge scientific discoveries that will entertain, inform, and help you and your family stay fit and healthy. More tips include: --Eat red foods such as tomatoes, peppers, and pomegranates to help protect against sunburn and prematurely aged skin. --Turn on the radio to bring instant relief from tinnitus. --Increase your intake of herbs and spices, including American ginseng, sage, and turmeric to stave off dementia.

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