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Your Health: What Works, What Doesn't



Synopsis

Based on hundreds of the most definitive studies and conversations with leading doctors and health specialists, Your Health uncovers what works and what doesn't when it comes to improving your health. Discover which treatments help cure ailments and which common products and practices-from artificial sweeteners to acupuncture-are safe and effective. Divided into four parts this book will help you make the most of your health: Part 1-Getting the Truth: Learn how to be a smart medical consumer, from understanding your condition to figuring out which websites you can trust Part 2-Your General Health: Covers skin and hair treatments; liposuction; supplements; tooth whiteners; foods, drinks, and your diet; Weight loss and fitness; breastfeeding, childbirth, and fertility; home medical tests, mattresses, and other things around the house; what's in your medicine cabinet; medical tests Part 3-Treating What Ails You: Acne, Allergies, Snoring, Anxiety, Arthritis, Asthma, Back Pain, Bad Breath, Breast Cancer, Bruises, Colds, Cold Sores, Colon Cancer, Constipation, Coughs, Depression, Diabetes, Diarrhea, Ear Infections, Eczema, Fatigue, Flatulence, Flu, Headache, Heartburn, Heart Disease, Nicotine Addiction, Yeast Infections, Insomnia, Varicose Veins, Migraines, Nausea, Ulcers, Osteoporosis, Warts, Prostate Cancer, Prostate Enlargement, Restless Legs Syndrome, Premenstrual Syndrome, High Blood Pressure, Urinary Tract Infection, Menopause Symptoms, Alzheimer's Disease, and High Cholesterol. Part 4-Is it Safe or Dangerous?:

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Reference

Customer Reviews

Great book for health nuts!

I like this book very much. I had been looking for it, and was happy to find it on . It answers the little things you forget to ask your doctor until you get to the parking lot. Example: Should you drink bottled water.

Got this for my husband for christmas. Took it on the cruise with him. It's a good health book to have.

OK!

Quick shipping. Perfect.

This book is written for the complete novice of which I am not. However, I did get a few things from it which ended up being worth the price.

This could have been an interesting book on the effectiveness of treatments that go from the use of botox to the advantage (or not) of taking herbal supplements. The book, in its "journey" through what is good for your health and what is not, covers health issues such as: mobile phones and cancer, calcium supplements, coughs, sunglasses, barbecued meats, fish oil supplements. When I ordered this book I was under the wrong impression that the book would be mainly about which supplements do work. Well, not at all. Most of the topics in the book are not about supplements. I went through this book and first thought that I should read it with a pinch of salt. I kept going and realised that I should actually read this book with a bucketful of salt... It surprised me that the book has a , somehow, unfriendly view of natural supplements whilst saying that aspartame should be avoided only by people with a rare medical condition... it is not only the use of aspartame that is defended in this book. The book says that MSG does not cause headaches, according to the best studies (they don't mention the source of studies) Then, in the "small print", they say that actually 2% of people could be indeed sensitive to MSG... Despite of that, they say that if you have a headache after eating Chinese food with MSG the headache might be just a fruit of your imagination... The book also says that zinc lozenges, for example, are a waste of time, what contradicts not only many other books and studies but also the book "Healing Supplements", published by Readers Digest... It was when I read about prostate cancer that I gave up on this book. They say that recent studies (the book is from 2008)

that lycopene, an antioxidant found in tomatoes, it is not beneficial for the prostate. That goes against just about everything I've read about lycopene and prostate, including more than one Reader's Digest publication. They mention a Harvard study where lycopene was found to protect the prostate but another study, in Europe, failed to confirm that information. They say that five out of eight studies don't show any special benefits from eating tomatoes. So, 5 out of 8 studies is reason enough for the authors of this book to consider tomato useless for the prostate. Very scientific... Tomato is not going to protect your prostate against cancer, according to this book, but a drug from a giant pharmaceutical company will... They write a big no to say that mobile phones don't cause cancer but then they go to say that "signals about long term are fuzzy". So, why did they say affirmed that mobile phones don't cause cancer? It is okay if children eat lots of sugar, that won't affect their behaviour. Eating at night will not make you fat, as there is no difference between eating a pint of ice cream at 8 am or 8pm... These are just two pearls from this book... Most of the experts consulted for this book are MDs. Just a few are pharmacists or nutritionists. There is plenty of information in this prejudiced book that is contradicted by the information you will find in many good authors who are also doctors, nutritionists and pharmacists. This book is so idiotic that manages to even contradict itself... It says, on page 153, that "antioxidants in green tea may have an unusually potent effect on prostate cancer". Then, on page 318, the book advises to ignore green tea and it says that: "It is highly unlikely that (green tea) protects against prostate cancer"... I found contradictory information even in the same page... Example: There is a list on page 253 pointing out, with green signs, what works for asthma. One of the green signs goes for salmon and mackerel because they are "packed to the gills with omega 3 fatty acids, beneficial compounds that fight inflammation". Then, on the same page, they have a list of "don't bother", products marked with a red X that don't work. One of them is fish oil, that is, omega 3 fatty acids... The book points out, on page 316, that 360mg of magnesium would be beneficial for migraines and premenstrual syndrome. Then, on page 387 they list the maximum dosage of a few supplements that you should never ever exceed. Magnesium dosage that should never be exceeded is 360 mg... On the top of that, there are studies where 600 mg of Magnesium were given to migraine sufferers and the supplement helped 40% of them... Reading this book is like going to a conservative, skeptical and incompetent doctor. The book says no to some traditional and proven supplements whilst saying yes to many pharmaceutical drugs like statin. The book has a one sided view on statins and doesn't mention its side effects. Many doctors, actually, are against the use of statins.. I had a stomach problem that was made worse by GPs. I ended up sorting the problem on my own, without doctors or drugs... It was many years ago and I didn't have even a cold in the last six years or so... I do take supplements

from reliable companies, after checking information about supplements in different books and cross referencing the information. They work. Books like this make me sick to my stomach...Of course, the book certainly has good information about many topics but considering the stupidity and contradictions of their views on supplements and other topics, it is difficult to know which topics you can rely on or not. Best thing to do is to ignore this book altogether.

I enjoyed reading it. It reads quickly and you can skip chapters that don't interest you. I thought it was more expensive than 7\$

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