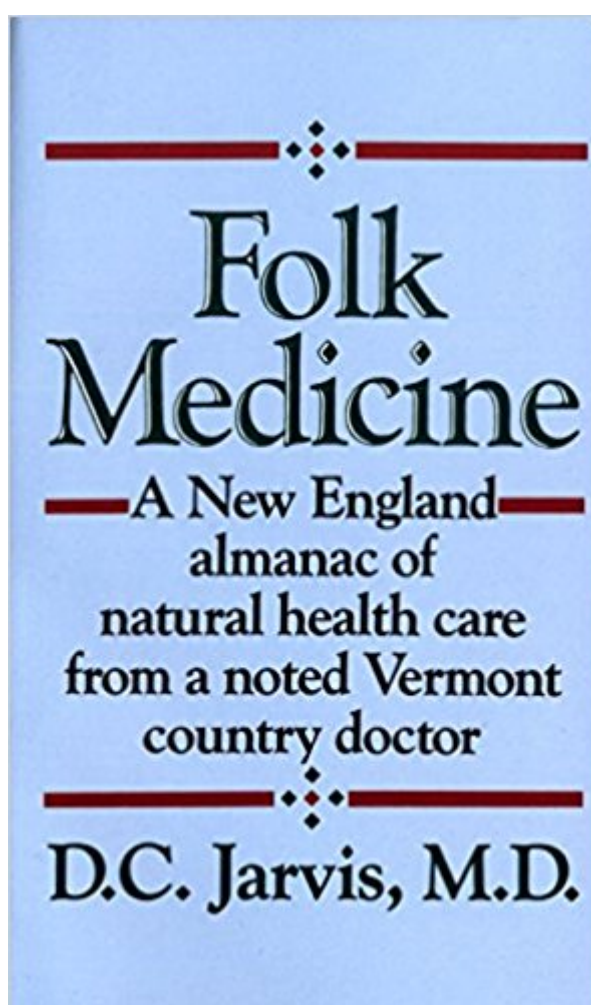


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# Folk Medicine: A New England Almanac Of Natural Health Care From A Noted Vermont Country Doctor



## Synopsis

"A fascinating book by a distinguished Vermont physician."NEW YORK DAILY NEWSFor centuries the vigorous and healthy families of Vermont have passed down simple commonsense home remedies for all sorts of common aches and pains, from one generation to the next. Dr. Jarvis spent years practicing medicine in the Green Mountains and observed the natural wonders of Vermont folk medicine. He shares that wisdom in this helpful book in order to help you: burn body fat and decrease body weight, improve sleep and overcome chronic fatigue, reduce high blood pressure, and much more.

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## Customer Reviews

"A fascinating book by a distinguished Vermont physician."NEW YORK DAILY NEWSFor centuries the vigorous and healthy families of Vermont have passed down simple commonsense home remedies for all sorts of common aches and pains, from one generation to the next. Dr. Jarvis spent years practicing medicine in the Green Mountains and observed the natural wonders of Vermont folk medicine. He shares that wisdom in this helpful book in order to help you: burn body fat and decrease body weight, improve sleep and overcome chronic fatigue, reduce high blood pressure, and much more.

It is old. It was written decades ago. This is the best book for self-healing, next to the Bible. Put it on your bedside table, next to all your "must reads." Use apple cider vinegar with "the mother" for lowering A1C number, age spots, hair conditioner, omigoodness...it is what we call today a

"multi-tasker." This tiny book points the way.

great book, highly recommend it, old ways that still work, very informative.

a very necessary book for every family

I'd postponed buying this book because I knew the information would be dated to the 1950s and earlier. However, when yet another person described her "miracle cure" and referred to something in this book... well, I had to see if Dr. Jarvis' advice was that good. It is. It's an older book with some amusing cultural references. Some dry humor shows through, but this is a "just the facts, ma'am" kind of book, loaded with useful information. It's also very loosely organized. I recommend reading it with a highlighter pen at hand. Otherwise, it can take awhile to locate the advice a second time. This book is general enough for almost everyone with an interest in health and natural remedies, but it'll be most interesting to people with hypothyroid issues. Oh, that's not the only topic Dr. Jarvis talks about, but -- as someone with low-grade hypothyroid issues -- when a book talks at length about kelp and Lugol's oil, I know it might relate to thyroid function. The potassium issue also interested me, and Dr. Jarvis describes it in fresh, down-to-earth (pun intended) terms. All in all, this is a truly amazing little book. While the stories are mostly anecdotal, they're backed up by the author's animal research... and surprisingly convincing. The use of apple cider vinegar to lose inches (not necessarily weight) caught my attention. I now start my day with the dosage recommended in this book. (After all, it's vinegar in small amounts... it's certainly worth a try.) The castor oil advice was an instant winner. I've had a "liver spot" on one cheek since the birth of my middle child, and -- overnight -- the spot was at least 50% lighter and, today, my skin practically glows thanks to Dr. Jarvis' simple advice. (The tricky part was finding castor oil. I'm in rural New Hampshire and I expected to find this old-time remedy at the grocery store or pharmacy, but nobody carried it. does -Â NOW Solutions Castor Oil, 100 % Pure, 16 ounceÂ ) Health-conscious readers will read between the lines and recognize advice that's been fine-tuned in more recent years. However, the tried-and-true, simple version is still reliable. Dr. Jarvis' recommendations are holistic and require only the simplest foods and natural ingredients. No major lifestyle changes or expensive products are necessary to see if Dr. Jarvis' advice will work for you. I wish I'd read this book long ago.

Good book

This is an awesome book that gives me a lot to think about. The information provided changed our eating habits. Bottom Line: Buy it, Learn from it, Live it... The only reason it wasn't 5 stars was because of the small dark print. Mrs.

I found an old copy of this book in some things of my Mother's. I read it and it sure made a lot of sense with all the research he did and his findings. I have been doing the vinegar and honey drink that he suggests for the last several years and it helped my arthritis, allergies, and keeping colds away. I very worthwhile book to read.

glad to hear all the good uses for apple cider vinegar in everyday live

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