



# The Big Book of Health Tips

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Medical knowledge - how much doctors and scientists know about the human body - more than doubles every five years. It's hard for doctors to keep up, but it's even more of a challenge for consumers who just want to know the best ways to protect their health and how to get the best medical care when they need it.

That's why we've put together The Big Book of Health Tips. We've organized all the latest health information in 26 chapters chock full of the most up-to-date medical facts. From the latest natural remedy for getting rid of wrinkles, to what researchers think may be the newest cure for AIDS, you'll find that the 1,300 plus health tips packed into this book will help you have a healthier, more fulfilling life starting as soon as you read the first page.

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