

Your Body Is Your Best Doctor

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q will you live to be 100 a probably not but you should q do you take over 100 pounds of a dangerous drug each year a almost certainly in your coffee cakes and cookies q do you drink enough milk a the chances are it s too much startling information on health body chemistry and nutrition lends fascination to this authoritative revealing book on how your body strives to maintain health in spite of what you do to it whether you think you are healthy or know you re not here are facts that can help you help your body work for the good health you deserve

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a cbs news medical correspondent draws from his ten year experience as a reporter on state of the art health care to create this accessible guide which alerts readers to the pitfalls of the medical system while empowering them with the knowledge they need to get the best available health care

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