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## Your Health: What Works, What Doesn't

*Editors of Reader's Digest*  
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**Editors of Reader's Digest : Your Health: What Works, What Doesn't** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Your Health: What Works, What Doesn't:

0 of 0 people found the following review helpful. Worth it! By LDS Striker Great book for health nuts! 0 of 0 people found the following review helpful. Your Health By June S Payne 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. 0 of 0 people found the following review helpful. Book By Brenda Girgsby Got this for my husband for christmas. Took it on the cruise with him. It's a good health book to have.

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?: Acupuncture, Anesthesia, Antibiotics, Tattoos, Breast Implants, Bug Spray, Cell Phones, Chiropractic, Commuting, Cookware, Dental Fillings, Deodorant, Flu Shots, Food Colorings, Generic Drugs, Hospitals, Sleeping Pills, Styrofoam Cups, Mail-Order Drugs, Hot Tubs, Manicures, Salad Bars, Microwave Ovens, Humidifiers, Sushi, Tanning Salons, Antidepressants, Television, Vaccinations, Video Games, X-rays, Yoga, Household Cleaners, Monosodium Glutamate (MSG), Hormone Replacement Therapy, Vitamins and Minerals, Artificial Sweeteners, Barbecued Meat, Blood Transfusions, and High-Fructose Corn Syrup. Before taking medicine, start a new diet or exercise regime, get a medical test, or swallow a supplement, why not find out if it works- or if something else might work better?