



Take Care of Yourself: The Complete Illustrated Guide to Medical Self-Care

Donald M. Vickery, James F. Fries

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Take Care of Yourself is the world's best-selling health guide, and the only one that has been found to help reduce visits to the doctor. It is easy to use, even in a crisis. Simply look up a symptom and you will find a complete explanation of likely causes and how you might relieve that problem at home. Diagrams help you recognize problems and, in many cases, treat them quickly and easily. Easy-to-follow decision charts tell you exactly when to see a doctor. *Take Care of Yourself* also covers emergencies, how to avoid health problems, what to keep in a home pharmacy, and how to work best with your doctor.

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