



The New Handbook of Health and Preventive Medicine

Kurt Butler

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Despite the availability of more new treatments and medicines than ever before, many medical professionals believe that the health of the average person has not improved substantially, and that better prevention is actually the best medicine. This is a view that most people seem willing to accept; but the current health and fitness craze has produced a proliferation of faddish "cures" and panaceas, many of them more dangerous than beneficial.

The New Handbook of Health and Preventive Medicine is the definitive guide to staying healthy. It is filled with the latest scientific information on current health issues and the prevention of disease. Using clear, readable language designed for the general public, this concise yet comprehensive book addresses essential information about good health:

HEALTHY HABITS - what everyone should know about nutrition, fitness and exercise

PRIMARY PREVENTION - descriptions of the diseases everyone should know how to prevent, the consequences of contracting these ailments, and practical means of preventing them

SELF CARE AND SECONDARY PREVENTION - what symptoms call for the care of a physician; information about screening tests and physical exams

PHARMACEUTICALS - prescription and non-prescription, vaccines, herbal, addictive, and street drugs

The New Handbook of Health and Preventive Medicine encourages an active, informed approach to good health and is an antidote to the dangerous fads and misinformation that so often surround health topics. Refreshingly focused on the undeniable fact that good habits are as easily established and maintained as bad ones, this is the one book everyone should have.

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