



Body Signs: From Warning Signs to False Alarms...How to Be Your Own Diagnostic Detective

Joan Liebmann-Smith, Jacqueline Egan

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From brittle hair to hair in all the wrong places, a tingling tush, mismatched eyes, streaked nails, inverted nipples, and excessive flatulence, to name just a few, the body supplies endless signs regarding its state of health and wellness. When are these harmless and when is a visit to the doctor's office in order? Drawn from cutting-edge research and the latest scientific literature, and vetted by a panel of medical experts, this fascinating guide covers every body part from head to toe to help you decode the often mysterious messages your body sends you.

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