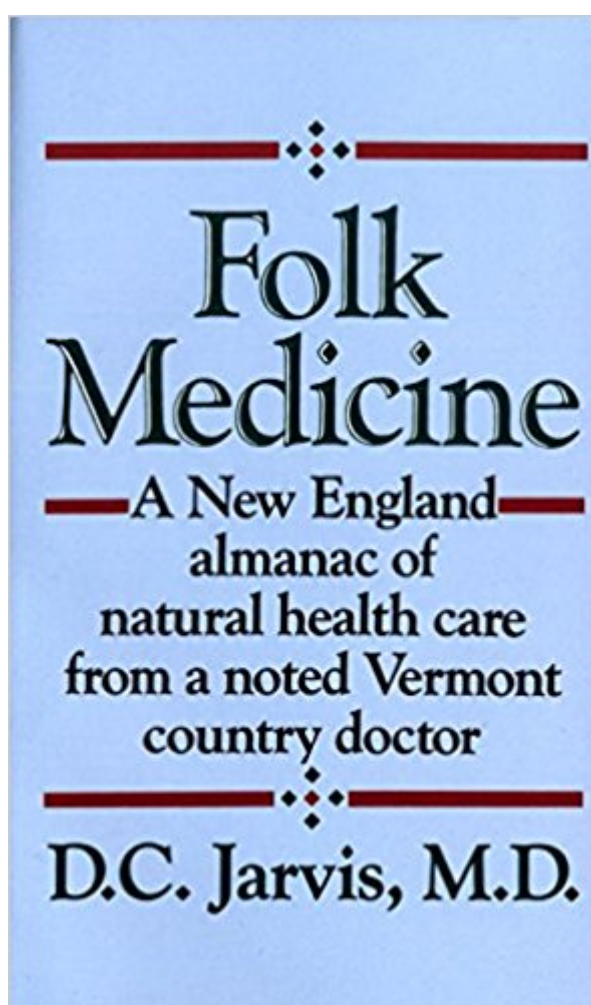


The book was found

Folk Medicine: A New England Almanac Of Natural Health Care From A Noted Vermont Country Doctor



Synopsis

"A fascinating book by a distinguished Vermont physician."NEW YORK DAILY NEWSFor centuries the vigorous and healthy families of Vermont have passed down simple commonsense home remedies for all sorts of common aches and pains, from one generation to the next. Dr. Jarvis spent years practicing medicine in the Green Mountains and observed the natural wonders of Vermont folk medicine. He shares that wisdom in this helpful book in order to help you: burn body fat and decrease body weight, improve sleep and overcome chronic fatigue, reduce high blood pressure, and much more.

Book Information

Mass Market Paperback: 192 pages

Publisher: Fawcett (May 12, 1985)

Language: English

ISBN-10: 044920880X

ISBN-13: 978-0449208809

Product Dimensions: 4.2 x 0.6 x 6.9 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 158 customer reviews

Best Sellers Rank: #86,912 in Books (See Top 100 in Books) #22 in [Books > Health, Fitness & Dieting > Alternative Medicine > Homeopathy](#) #67 in [Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy](#) #113 in [Books > Health, Fitness & Dieting > Reference](#)

Customer Reviews

"A fascinating book by a distinguished Vermont physician."NEW YORK DAILY NEWSFor centuries the vigorous and healthy families of Vermont have passed down simple commonsense home remedies for all sorts of common aches and pains, from one generation to the next. Dr. Jarvis spent years practicing medicine in the Green Mountains and observed the natural wonders of Vermont folk medicine. He shares that wisdom in this helpful book in order to help you: burn body fat and decrease body weight, improve sleep and overcome chronic fatigue, reduce high blood pressure, and much more.

It is old. It was written decades ago. This is the best book for self-healing, next to the Bible. Put it on your bedside table, next to all your "must reads." Use apple cider vinegar with "the mother" for lowering A1C number, age spots, hair conditioner, omigoodness...it is what we call today a

"multi-tasker." This tiny book points the way.

great book, highly recommend it, old ways that still work, very informative.

a very necessary book for every family

I'd postponed buying this book because I knew the information would be dated to the 1950s and earlier. However, when yet another person described her "miracle cure" and referred to something in this book... well, I had to see if Dr. Jarvis' advice was that good. It is. It's an older book with some amusing cultural references. Some dry humor shows through, but this is a "just the facts, ma'am" kind of book, loaded with useful information. It's also very loosely organized. I recommend reading it with a highlighter pen at hand. Otherwise, it can take awhile to locate the advice a second time. This book is general enough for almost everyone with an interest in health and natural remedies, but it'll be most interesting to people with hypothyroid issues. Oh, that's not the only topic Dr. Jarvis talks about, but -- as someone with low-grade hypothyroid issues -- when a book talks at length about kelp and Lugol's oil, I know it might relate to thyroid function. The potassium issue also interested me, and Dr. Jarvis describes it in fresh, down-to-earth (pun intended) terms. All in all, this is a truly amazing little book. While the stories are mostly anecdotal, they're backed up by the author's animal research... and surprisingly convincing. The use of apple cider vinegar to lose inches (not necessarily weight) caught my attention. I now start my day with the dosage recommended in this book. (After all, it's vinegar in small amounts... it's certainly worth a try.) The castor oil advice was an instant winner. I've had a "liver spot" on one cheek since the birth of my middle child, and -- overnight -- the spot was at least 50% lighter and, today, my skin practically glows thanks to Dr. Jarvis' simple advice. (The tricky part was finding castor oil. I'm in rural New Hampshire and I expected to find this old-time remedy at the grocery store or pharmacy, but nobody carried it. does -Ã Â NOW Solutions Castor Oil, 100 % Pure, 16 ounceÃ Â) Health-conscious readers will read between the lines and recognize advice that's been fine-tuned in more recent years. However, the tried-and-true, simple version is still reliable. Dr. Jarvis' recommendations are holistic and require only the simplest foods and natural ingredients. No major lifestyle changes or expensive products are necessary to see if Dr. Jarvis' advice will work for you. I wish I'd read this book long ago.

Good book

This is an awesome book that gives me a lot to think about. The information provided changed our eating habits. Bottom Line: Buy it, Learn from it, Live it... The only reason it wasn't 5 stars was because of the small dark print. Mrs.

I found an old copy of this book in some things of my Mother's. I read it and it sure made a lot of sense with all the research he did and his findings. I have been doing the vinegar and honey drink that he suggests for the last several years and it helped my arthritis, allergies, and keeping colds away. I very worthwhile book to read.

glad to hear all the good uses for apple cider vinegar in everyday live

[Download to continue reading...](#)

Folk Medicine: A New England Almanac of Natural Health Care From a Noted Vermont Country Doctor
New England Style Cooking: Authentic Recipes from Connecticut, Maine, Boston, and Vermont (New England Cookbook, New England Recipes, New England Cooking, Boston Recipes, Boston Cookbook Book 1)
CAT CARE: BEGINNERS GUIDE TO KITTEN CARE AND TRAINING TIPS (Cat care, cat care books, cat care manual, cat care products, cat care kit, cat care supplies)
Recommended Country Inns: New England/Connecticut/Maine/Massachusetts/New Hampshire/Rhode Island/Vermont (Recommended Country Inns Series)
Frommer's Bed and Breakfast Guides: New England : Maine, New Hampshire, Vermont, Massachusetts, Rhode Island, Connecticut (Frommer's Bed & Breakfast Guide New England)
Aspects of Philippine Culture: Pre-history of the Philippines; Architecture in the Philippines; Music of the Philippines; Muslim Folk Art in the Philippines; Mountain Folk Art; Folk Festivals of the Philippines; Contemporary Painting of the Philippines
Backcountry Skiing Adventures: Vermont and New York: Classic Ski and Snowboard Tours in Vermont and New York
Daytrips and Getaway Weekends in Vermont, New Hampshire, and Maine (Daytrips & Getaway Weekends in Vermont, New Hampshire, & Maine)
The New England Gardener's Year: A Month-by-Month Guide for Maine, New Hampshire, Vermont, Massachusetts, Rhode Island, Connecticut, and Upstate New York
Hair Loss: 5 Easy Steps To Stop and Prevent Hair Loss (hair loss, hair care, bald, beauty care, personal hygiene, natural health remedies, personal health care)
Llewellyn's 2018 Herbal Almanac: Gardening, Cooking, Health, Crafts, Myth & Lore (Llewellyn's Herbal Almanac)
The Border Outlaws: An Authentic and Thrilling History of the Most Noted Bandits of Ancient Or Modern Times: The Younger Brothers, Jesse and Frank James, and Their Comrades In Crime
The Dog Listener: A Noted Expert Tells You How to Communicate with Your Dog for Willing Cooperation
Orchids Care Bundle 3 in 1, THE NEW

EDITION: Orchids + Orchids Care For Hobbyists + Phalaenopsis Orchids Care (Orchids Care, House Plants Care, Gardening Techniques Book 4) The Third Doctor Adventures - Volume 3 (Doctor Who - The Third Doctor Adventures) The Fourth Doctor Adventures 5.1: Wave of Destruction (Doctor Who: The Fourth Doctor Adventures) The Fourth Doctor Adventures - The Eternal Battle (Doctor Who: The Fourth Doctor Adventures) Doctor's Book of Home Remedies: Simple, Doctor-Approved Self-Care Solutions for 146 Common Health Conditions Curing Medicare: A Doctor's View on How Our Health Care System Is Failing Older Americans and How We Can Fix It (The Culture and Politics of Health Care Work) The Country Living Guide to Rural England - The West Country (Travel Publishing): The West Country - Covers Cornwall, Devon, Somerset and Dorset

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)