

Do-it-yourself
Medical Testing:
More Than 160 Tests
You Can Do at Home

Pinckney, Edward R.

Note: This is not the actual book cover

Do It Yourself Medical Testing

Hongru Du



Do It Yourself Medical Testing:

Do-it-yourself Medical Testing Dixie Farley,1986 Do-it-yourself Medical Testing Cathey Pinckney,Edward Robert Pinckney,1989 Written specifically for a general audience this guide describes over 240 tests the reader can perform safely at home in order to identify and monitor a variety of medical conditions The text encourages readers to become knowledgeable about their own health by explaining when to handle common problems at home and when to call for a doctor

25 Medical Tests Your Doctor Should Tell You About . . . And 15 You Can Do Yourself Deborah Mitchell,2009-12-29 25 MEDICAL TESTS YOUR DOCTOR SHOULD TELL YOU ABOUT and 15 You Can Do Yourself is an easy to use up to date A to Z guide that is a must have reference book for any home library This compact guide will give families the basic information they need in the most everyday medical situations and allow readers to approach doctor visits not with fear but with the confidence of an informed patient Author Deborah Mitchell has provided the essential information about both common and uncommon medical testings and the key information required for understanding including Simple screenings that could save your life Specialized tests for every member of your family How to tell if the risks of a test outweigh the benefits Tips on choosing the best home testing kits The latest in prevention and diagnosis of common medical conditions The best way to prepare for tests and how to interpret the results The book includes basic facts about conditions and diseases such as cancers asthma bronchitis high cholesterol and many others *Do-It-Yourself Medical Testing* Cathey Pinckney,Edward R. Pinckney,1989-01-01 **Do-it-yourself Medical Testing** Cathey Pinckney,1986 *The Medical Checkup Book* DK,2020-03-31 Written by experts and packed with user friendly information and practical lifestyle advice this is the ultimate guide for anyone interested in their health Knowing which health checks and tests to get when can prevent illness and problems and even save your life This easy to use guide explains all the common health tests so that you can understand and manage your well being When you ve had a physical how often do you understand what the results really mean for your health and your lifestyle You ve probably heard of good cholesterol and bad cholesterol but what does that mean And what can you do if you re told your bad cholesterol is high Why are there two figures to show your blood pressure Is weight gain hereditary Be proactive in managing your health by learning more about how it is measured Discover what factors influence medical tests and what lifestyle changes you can make to keep fit and healthy for longer Explore the variety of tests and screenings you may undergo at a doctor s or workplace health assessment find out what is tested why it is tested and what the results mean The Medical Checkup Book is the only visual guide to explain all common medical tests and what preventative measures you can take to minimize the risks and maximize your health **The Patient's Guide to Medical Tests** Barry L. Zaret,1997 The book includes hundreds of the most commonly performed diagnostic tests described in clear understandable terms with easy to follow charts Gut Reactions Raphael Kellman, M.D.,Carol Colman,2002-07-16 You don t have to be in pain You don t have to pop antacids after every meal or rely on prescription drugs to coax your

gastrointestinal system to do what it s supposed to Whether you suffer from chronic indigestion or from a more serious condition such as Crohn s disease it is possible to find relief and return to a comfortable healthy way of eating and living In Gut Reactions Dr Raphael Kellman a pioneer in the practice of complementary medicine draws upon the best conventional Western treatments and holistic therapies to offer a breakthrough all natural program for treating a variety of stomach complaints with safe lasting results Building on the revolutionary idea of the mind gut connection Kellman s four step program guides you in understanding your symptoms and obtaining an accurate diagnosis and then helps you tailor a healing regimen to your specific condition His unique bio ecological diet complete with four weeks of menus and recipes works with nutritional supplements herbal therapies and mind body exercises to manage symptoms and in many cases restore normal gut function Enlightened and comprehensive Gut Reactions provides specific treatment plans for Antacid addiction Inflammatory bowel disease Crohn s disease Acid reflux esophageal reflux disease Constipation Ulcers Low gastric acitvity Dysbiosis Leaky gut syndrome Heartburn Gluten sensitivity Gastritis Irritable bowel syndrome Parasitic disease

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