



Your Top Health Concerns (Ask Dr. Weil)

Andrew Weil

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In his #1 **New York Times** bestseller **Spontaneous Healing**, Dr. Andrew Weil opened our eyes to the body's wondrous ability to naturally heal itself. And after the tremendous response he received from countless readers, he launched the Web site "Ask Dr. Weil" (www.drweil.com). Now, in this easy-to-use book, Dr. Weil answers all your most frequently asked health questions, including...

- * Is there help for chronic fatigue syndrome?
- * What can I do for a cold?
- * Does red wine really help my heart?
- * What do I do for an aching back?

And many more!

Whether you are eager to learn about the best path to recovery from illness or just looking to improve your overall well-being, Dr. Weil's expert advice will gently guide you toward the healthier, fuller life you deserve.

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