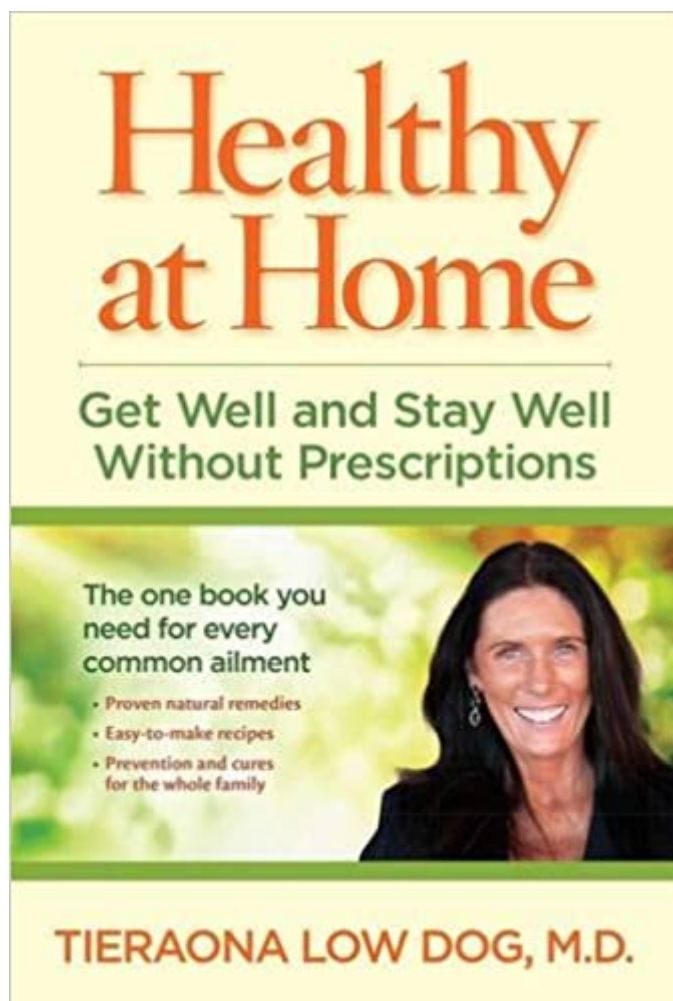


The book was found

# Healthy At Home: Get Well And Stay Well Without Prescriptions



## Synopsis

Get the how, when, and why of getting better and staying well with homemade remedies that the doctor orders. National Geographic helps you take charge of health care guided by a physician expert in natural healing, herbal medicine, and home remedies. Never have we needed this advice more than now, as worries about hospital-borne infections, antibiotic resistance, and pandemic threats make us yearn for the days of doctor home visits and mother's chicken soup. We need to rediscover the special care and comfort that comes from caring for health at home, says Dr. Low Dog. In this book she guides us in identifying, responding to, and caring for all the most common ailments, so that when it's time to take care at home, you have a doctor's advice on how. Learn how to make herbal remedies and why you and your family will be healthier for doing so--and get advice on when it's best to consult a health care professional instead.

## Book Information

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## Customer Reviews

"Low Dog does a great job of balancing the appropriate times to take herbal remedies and provides clear instructions on using herbs and making teas, salves, and tinctures. Accessible and reliable."

-Library Journal

TIERAONA LOW DOG, M.D., is an internationally recognized expert in the fields of integrative medicine, dietary supplements, herbal medicine and women's health. Dr. Low Dog has been an invited speaker to more than 550 scientific conferences, has published 45

peer-reviewed articles, written 22 chapters for medical textbooks, and published five books including National Geographic's "Life is Your Best Medicine" and "Healthy at Home". She is a frequent guest on the "Dr. Oz" show and NPR's "The People's Pharmacy". She currently serves as the Fellowship Director for the Academy of Integrative Health and Medicine where she leads the nation's first inter-professional graduate level training program in integrative medicine. From the Hardcover edition.

I reviewed an advance reader's edition, in softcover, provided by Vine. It's missing some of the herbal remedy recipes that will appear in the final edition. Normally a book at this stage is awaiting copy-proofing by someone competent in English; this advance copy was already way beyond the current standard for finished work. So, what about the content? Let me start off by saying that Dr. Low Dog is an M.D. and by that training "should be" focusing on medicine with scant knowledge of health. However, she also has an extensive cultural and personal background in health. There are three bullet points on the cover; the third one starts with the word "prevention." Because of language abuse, many people use the terms "health care" and "medical care" interchangeably. But they have very different meanings. Standard medical care practice is generally antagonistic toward health care. What's the difference? Health care is what you do to protect your health, prevent illness, and prevent injury. The main strategy is a sensible diet, something Americans generally oppose with an almost religious fervor. Just check out the grain-based products on any restaurant menu or in the typical grocery cart. Or ask yourself why the modern grocery store devotes an entire aisle to "osteoporosis in a can." So any time I read a book on "health" and it's authored by an M.D., I am immediately suspicious. But as I read Dr. Low Dog's book, my suspicions gave way to awestruck gratitude that someone could produce such a helpful and authoritative work that could easily be life-changing for the reader. And not just because she exhibits an accurate understanding of diet (something extremely rare among physicians). Right away, before I even opened the book, I could see something was different. Her picture is on the cover. Instead of the usual doughy face we see these days, we are greeted by someone who looks healthy. And there is no way you could guess her age from that photo. I also visited her Website, and was further impressed. To find it, just go to Bing and search on her name. Now, I've already besmirched M.D.s. Let me besmirch another group, while I'm at it. On the other end of the spectrum are the people who have some familiarity with "alternative medicine," herbal remedies, health practices, etc., but don't keep them in their proper perspective. I don't care how healthy you are or how much kale you eat, if you break your femur then herbal medicine isn't your best choice of treatment. You need to see an M.D. Most of these

folks are selling hope, rather than sound medical or health advice. A few years ago, a tick burrowed into my thumb unbeknownst to me. It swelled right up. Did I treat this with tea? No. I got an appt to see my physician the next day. Good thing, too. Another patient waited too long, and her whole arm swelled up. She had to be hospitalized. Whatever toxin this tick introduced, it was powerful stuff and the condition advanced aggressively. Medical care has its limitations, but it may be your primary strategy for a given condition. My point here is one that Dr. Low Dog kept bringing up: don't try to use "soft" remedies when conditions are serious. She gave markers to help the reader determine when a given condition requires a trip to the doctor. One such condition she discusses in this book is the urinary tract infection (UTI). She does provide thorough advice on prevention and herbal treatment, but makes it clear that one thing you don't skip is getting in to see the doctor. A UTI can quickly spiral out of control. One consequence is a kidney infection. I'm not a physician so am not putting myself in the place of judging her advice, her markers for when medical care is required, or a host of other things. But I do have some expertise by which to gage her health advice. Among other things, I have not been sick since 1971 despite having had low gamma globulin from birth until only a couple of years ago. The lifelong low gamma globulin problem disappeared after raising my serum D3 levels with the guidance of Dr. Rick Cohen, M.D. I found her health information to be logical, balanced, and completely on target. I suppose it helps that what she says in this book is based on science. Not being an herbalist and not coming from a Native American culture, I'm ignorant about herbal remedies. Well, OK, I'm familiar with a few of them. Just very far from being expert enough to comment on the accuracy of what she recommends. Based on her performance in the areas I do know, and based on her explanations of why these work, I have complete confidence in her recommendations. The main text of this book consists of eight chapters spanning 270 pages. The writing is clear and the subject matter is accessible to the lay person. The Introduction runs 7 pages, and I found it helpful. The book has three supplemental sections appended to it: 1. Stocking the Pantry. This explains what items to have on hand. It's fairly extensive. I'm not sure I have a place for all this stuff, but will have to look more closely. 2. Resources. Where to buy these things. 3. Herbal Materia Medica. This 25 page section discusses each of the herbal remedies used in the book. This book fills a huge void in the health and medicine literature. Not only do I highly recommend having this book on hand, I recommend visiting the author's Website. She is a fount of wisdom and useful information that everyone can benefit from.

I was disappointed that in the women's health section, there is nothing written for menopause. This section is directed toward much younger women.

A lot of information however not sure where to get the products recommended and the purity. How do you verify the products you're buying and using in place of OTC or prescription medicine are safe. Her more recent book does a better job in educating the consumer and how to check the products she talks about. I only recommend this if you are sure you know where you're going to be buying the products recommended and the safety and purity of them because I don't

If you're into herbs and natural living you will like this. Dr. Low Dog is a leader in her field and well respected among internal medicine doctors. She comes to our dental convention as a presenter and her classes are always packed full. She is not against modern medicine so you get a balanced approach...she is not stranger to health issues and writes with compassion. Great book for any household.

Hoping it had the "formula" for the turmeric/ginger mix relieving joint pain. Saw Dr. Dog on Dr. Oz when he talked about the turmeric/ginger relieving joint pain, but didn't get the recipe...so brought book..but not in there. So using 1 Tablespoon of each in cup of bone broth. Great relief after 4 days..really thought I'd have to give in for knee replacement since shot didn't work. Now up and down stairs no problem. Just would like to know optimum dosage if less still as good.enough.

Of our many health care books this is among the best. Not just some sort of tedious listing of symptoms or dubious suggestions of aid but a well presented correlation of condition and home treatment that impressed us from the first condition we looked up. Some people have something to offer and Tieraona Low Dog offers one of the best presented books on home and health we have seen. The we refers to my wife and I. While I like People's Pharmacy books this book is more authoritative to the People's Pharmacy/s anecdotal approach. Both have their benefit but this book is really great for its purpose "get healthy".

Really like this book. There is so much information, a book I will keep on the shelf for years to come and will, I am sure go, back to over and over again. I don't really use enough herbs to have a lot of them on hand and when needed in a pinch only some are available at the store, and of course cannot find them organic, so some recipes I will not be able to make unless planned out ahead of time. The author really is knowledgeable and enjoyed hearing about so many new ways to naturally treat things. My favorite one is the cough syrup made with Thyme,Honey and Lemon....worked so

well this winter when the whole family caught the flu, pretty sure none of us will ever use store bought cough syrup again!

This a very useful book for anyone looking for a way to treat themselves with minor health issues. The biggest feature is the sections of when you need to actually go to the Dr. for a problem. My mother bought me, mine, I bought one for my step-daughter.

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