



Life, Liberty, and the Pursuit of Healthiness

Dean, M.D. Edell

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America is in a chronic state of confusion and anxiety about matters of health. Each day, we are bombarded with news of medical breakthroughs, wonder drugs, and hidden dangers. Now author and radio host Dr. Dean Edell clears things up with this at-home medical resource that squarely confronts more than five hundred common health concerns, including:

- The skinny on fat, carbs, Atkins, and Xenical
- Sex, with a look at Viagra, orgasms, chlamydia, and HPV
- "Alternative medicine" and the myths of herbs, essential oils, and supplements
- Women's issues, from fertility to breast-feeding to fibroids
- Botox, breast implants, and the business of beauty
- Infectious diseases, from the common cold to the West Nile virus
- Cancer—breast, colon, prostate—and advances in early screening and treatment
- Addictions, including coffee, booze, grass, Vicodin, and Paxil

Containing quizzes, symptom checklists, web links, and recommended reading lists, this invaluable guide will help you take charge of your own health, save time and money, and alleviate anxiety over health issues today.

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