



Home Doctor

Natural Healing with Herbs, Condiments and Spices

P.S. Phadke

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Home Doctor, as the name suggests, is your very own health-care book – an indispensable companion you can turn to at all times. The culmination of an allopath doctor’s long-term involvement with alternative and complementary therapies, it contains over 200 simple and time-tested remedies for every conceivable ailment under the sun: from the nuisance value and discomfort of a common cold, cough and fever, to the severely debilitating effect of diarrhoea or heatstroke. Systematically formatted, the text moves from the causes and symptoms of health problems to directions on how to prepare remedies at home. These remedies, which are non-invasive and totally harmless, can help stem a problem in its nascent form, and often prevent it from developing into a full blown disease. Utilise your kitchen or garden to heal yourself with this lucidly written ready-reckoner interspersed with vibrant illustrations.

Dr (Mrs) Pushpajeet Sidhu Phadke, a practising allopath – and homeopath by interest – has been actively involved for almost three decades in primary health-care services. She has chosen to take a holistic approach towards dispensing affordable and viable solutions for preventive and curative health care. She is a consultant with SM Sehgal Foundation in Mewat, Har yana, where she trains health workers, building bridges between traditional concepts and practices and modern medicine. Having travelled and practised in several states across the country, she has written for magazines and journals and continues to work with non-governmental organisations (NGOs) on health care. Author of *The Penguin India Guide to Women’s Health* and *First Aid Guide*, Dr P.S. Phadke has diverse experience in research, writing and scripting medical programmes for TV.