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Dr. Isadore Rosenfeld's 2005 Breakthrough Health: Up-to-the-Minute Medical News You Need to Know (Dr. Isadore Rosenfeld's Breakthrough Health) Isadore Rosenfeld

In this all-new edition, bestselling author and America's most trusted doctor provides quick, clear, concise advice about the latest medical discoveries, treatments, and cures.

Dr. Rosenfeld's superb annual guide to medical breakthroughs is sought after by his legions of admirers as the one source they can trust for the most accurate health information.

Dr. Rosenfeld once again combines his trademark humor with an enormous depth of knowledge to translate the latest medical news into information you can use, including:

- o The common kitchen spice that lowers blood sugar levels in diabetics
- o The one bottle in your medicine cabinet that you must throw away-and what you should replace it with
- o Surprising uses for Botox: it can do more for your health than erase wrinkles
- o The latest advances in vitamins, supplements, prescriptions, over-the-counter medications, herbs, and vaccines

This year's edition covers such diverse topics as arthritis, heart disease, nosebleeds, and weight loss. Dr. Rosenfeld separates hype from hope and imparts the same bottom-line advice to readers that he gives his own patients.

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