



Body Signs: From Warning Signs to False Alarms...How to Be Your Own Diagnostic Detective

Joan Liebmann-Smith, Jacqueline Egan

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We all notice things about our bodies that don't seem quite right. But when are these simply harmless physical quirks and when are they signs that a visit to the doctor is in order? This comprehensive and fascinating guide covers every body part from head to toe—and everything in between—to help you decode the often mysterious messages your body sends you.

From brittle hair to hair in all the wrong places, a tingling tush, mismatched eyes, streaked nails, inverted nipples, and excessive flatulence, to name just a few, the body supplies endless signs regarding its state of health and wellness. Most of the time these require nothing more than a trip to the drugstore or cosmetic counter, or no treatment at all. At other times further attention is needed. So here's the lowdown on what's happening "down there," the scoop on poop, straight talk about your joints, and a host of essential, even entertaining information on everything you ever wanted to know about your body—but might have been hesitant to ask even your doctor.

Drawn from cutting-edge research and the latest scientific literature, and vetted by a panel of medical experts, this remarkable book also includes historical trivia and fascinating factoids about each body area in question, plus an invaluable resource section. Whether you have a health concern or simply enjoy playing medical detective, **Body Signs** will not only absorb and inform you but will help you gain a more intimate understanding of the wondrous workings of your body.

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Carol Boissonneault:

This book untitled Body Signs: From Warning Signs to False Alarms...How to Be Your Own Diagnostic Detective to be one of several books in which best seller in this year, here is because when you read this guide you can get a lot of benefit on it. You will easily to buy that book in the book shop or you can order it by way of online. The publisher of this book sells the e-book too. It makes you more readily to read this book, because you can read this book in your Smart phone. So there is no reason to you to past this publication from your list.

Michael Sherman:

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Mary Barnett:

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