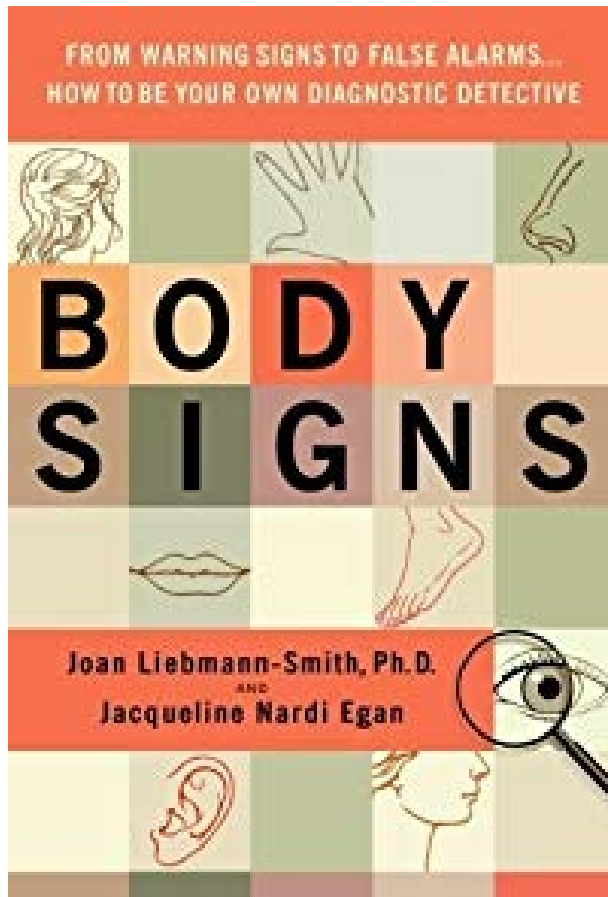


Body Signs: From Warning Signs to False Alarms...How to Be Your Own Diagnostic Detective



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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 end 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.

From the Hardcover edition.