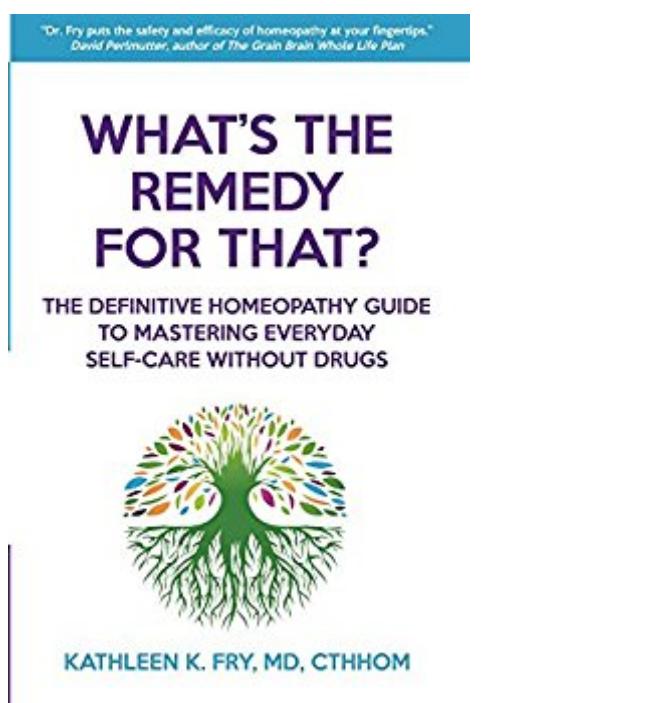


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# What's The Remedy For That?: The Definitive Homeopathy Guide To Mastering Everyday Self-Care Without Drugs



## **Synopsis**

Dr. Kathleen Fry explains in a clear, understandable way how you can act as your own homeopath to cure acute, common ailments with remedies easily found in your local health food store or pharmacy. You will gain the knowledge and confidence to treat your family with homeopathy to restore vitality, health, and wellness, while avoiding or limiting use of costly drugs. You will discover:

- A comprehensive remedy emergency kit for self care of colds and other minor infections.
- How homeopathy helps you restore your spiritual vital force rather than suppressing symptoms with pharmaceutical drugs.
- Case studies of patients who have recovered from chronic conditions like fibromyalgia, migraines, depression and anxiety.

## **Book Information**

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## **Customer Reviews**

Love this book! If you have thought about using homeopathy, buy this book. It's so simple to understand and a great guide to treating so many common problems!

Dr. Fry has written an excellent, comprehensive book about how to use homeopathic remedies. It is easy to understand and I will never leave home without it.

Such a wonderful straight forward approach that everyone can read, understand and benefit from!

I enjoyed reading Dr Kathi Fry's "What's the Remedy for That?". This book is a comprehensive, easy to read-and-apply system for using homeopathic remedies. I love Dr Kathi's writing style; reading her is like having a conversation with a friend - who happens to be an expert in their field. There is so much information in this compendium I wouldn't treat this valuable book as a light summer read, but I would expect that people will keep a copy handy when the need arises (just look at the Contents for your specific need). "WtRfT?" is a wealth of information for what ails you and how to remedy it written in clear, understandable language that should be everyone's home first aid resource. You cannot read this book and not come to two conclusions: Dr Kathi is truly an expert with deep understanding of Homeopathy and two, she writes simply about complex issues and you get the sense that you are listening to a friend. I recommend this book highly.

I have been a patient of Dr. Fry's for approximately 12 years. The breadth and depth of her knowledge of homeopathic remedies continues to amaze me. I am delighted that she has written this well-organized, accessible reference book which will allow readers to learn about and experience the benefits of homeopathy (Dr. Fry's previous book, VITALITY! How to Get it and Keep it: A Homeopath's Guide to Vibrant Health Without Drugs, contains greater detail about homeopathic concepts and the history of homeopathy). I also have great respect for Dr. Fry's vision of promoting knowledge of homeopathy as an effective alternative for people suffering from both acute and chronic ailments. This is sorely needed in our drug-oriented culture. Thank you, Dr. Fry!

I've been a homeopathic patient of Dr. Fry's for eight years now and was thrilled to see another book available from this highly competent doctor. This insightful book of knowledge covers which remedies treat a range of many maladies we face in our daily lives. The teachings are precise and easy to follow, and now holds a treasured place in my go-to library. Thank you Dr. Kathi!

Wow. This is the book I've been waiting for. I've already found great success using a homeopathic remedy to get my thyroid back in line (TSH 3.4 now!) and another to boost my overall energy (aka

"Vital Force".) Now I have a handy reference for my grandchildren's bouts of colds and infections-without running to the Dr for pharmaceuticals that often have unwanted side effects. There are no side effects with homeopathics that I can see as long as you follow the directions and don't take the same dose for too long. I'll be sending copies to my grown daughters as well.

I was interested in homeopathic treatments due to reading more and more information that a couple of over the counter medications I was using have serious long term side effects. Since I was looking for actual treatment options, the title of the book got my attention immediately. After a short introduction to the homeopathic world, Chapter 2 begins to list just about every ailment known, along with the suggested homeopathic remedies. That was exactly what I was looking for. The book is well organized and thought through. I know it is good for those of us who have limited experience with homeopathic treatments, but I think it also a book that will be valuable for many, many years.

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