



You Are Your Own Best Medicine: A Doctor's Advice on the Body's Natural Healing Powers

By Frédéric Saldmann M.D.

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Simple do-it-yourself home remedies for better health and healing

- Verifies the common sense of folk medicine with the latest medical research
- Reveals easy steps to boost immunity and address common ailments like allergies, sleep disorders, cardiovascular problems, sexual dysfunction, and excess weight
- Explains how to reduce your risk of cancer, heart attack, and Alzheimer's

In *You Are Your Own Best Medicine*, Frédéric Saldmann, M.D., verifies the common sense of folk medicine with the latest medical research to reveal simple do-it-yourself remedies that activate the body's natural healing powers and address common ailments like allergies, sleep disorders, cardiovascular problems, sexual dysfunction, and excess weight. You will learn:

- how washing your hands helps your mood,
- why hitting snooze on your alarm makes you tired,
- how pistachios are more effective than Viagra,
- simple acupressure tricks to relieve cramps, congestion, and other acute conditions,
- how dark chocolate helps you lose weight,
- which sleep position increases your risk of cancer,
- the role of gut flora and probiotics in alleviating asthma,
- how kissing boosts the immune system and helps wounds heal faster,
- the importance of replacing your pillow regularly,
- and much, much more . . .

Sharing startling study results, Dr. Saldmann explains how reducing your calorie intake by 30% each day can increase your life expectancy by 20% and how 30 minutes of exercise a day reduces your risk of cancer, Alzheimer's, and cardiovascular disease by 40%! He discusses how to combat the harmful effects of electromagnetic fields, which are now implicated in insomnia as well as the onset of certain diseases. He explains how to overcome constipation and get a flat

stomach in the process.

Giving full scientific backing to home remedies that were well known three generations ago, as well as providing his own tips and tricks from his years as a respected medical doctor in Paris, Dr. Saldmann shows how the body can produce its own medicines and, given the opportunity, prevent illness altogether.

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Editorial Review

Review

"Did you know that you can lose weight by eating 30 grams of chocolate a day--or having dessert with breakfast? Or that cherry juice is a sleep inducer? Or that kissing can cure allergies? Or that pistachios are more effective than Viagra? Filled with backup research references (pages of it at the end of every chapter), this is a much softer sell than most of the lifestyle protocols that are flooding the market these days. Easy, and interesting, to read and absorb, the information is cutting edge yet tested in the real world. Dr. Saldmann's intent is to restore faith in the ability of the body to heal itself, often with minimal (or no) external intervention. He's elevating folk remedies and good old common sense to the level of prescribed medical guidance. The book begins with weight loss, one of the biggest causes of increased health challenges and one of the most difficult lifestyle issues to get under control. The second chapter, predictably, deals with exercise--how much, how often, and why it is important. He includes discussions of the intricacies of handwashing, protecting ourselves and our loved ones from exposure to infection without shutting down our immune systems, dealing with stress and depression (with and without medication), maximizing brain function, and incorporating alternative healing techniques into prevention and curative regimens. This is a new perspective on a hot topic that you won't want your customers to miss!" (*Anna Jedrzewski, Retailing Insight January 2016*)

"Dr. Saldmann gives guidelines on losing excess weight, exercising, improving sleep patterns, having a more fulfilling sex life, eliminating stress and depression, training cognitive and memory functions, and more. He has solutions for common health problems including allergies, advice on using pressure point therapies for emergencies and everyday care, and explanations on how mysterious, spontaneous healing forces can be used to advantage. He cites surprising statistics, e.g., that reducing your daily calorie intake by 30 per cent can increase your life expectancy by 20 per cent, and that exercising for 30 minutes a day can reduce your risk of getting cancer, Alzheimer's and cardiovascular disease by 40 per cent. This is sound, actionable advice for one and all." (*Nexus, June 2016*)

"Saldmann is the new oracle of wellness and of eternal youth." (*Vanity Fair French Edition, April 2005*)

"Our bodies are fearfully and wonderfully made and built with an innate system that always strives for health. When our interference is too great, the stage is then set for dis-ease. *You Are Your Own Best Medicine* by Frederic Saldmann, M.D. is a manual of self care that will help put you back on the road to wellness or help to keep you there by harnessing your body's own healing potential!" (*Janet Maccaro, PhD., author of Natural Health Remedies*)

About the Author

Frédéric Saldmann, M.D., is a physician at the hospitals of Paris and a recognized expert in cardiology, nutrition, and hygiene. The author of several books, including *Wash Your Hands: Dirty Truths about Germs, Viruses, and Epidemics*, he lives in France.

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Chapter 3

Improving Your Sleep

The ideal of calm exists in a sitting cat.

--Jules Renard

Sleep is the essential foundation of good health. Physiologically it allows the organism to regenerate, and psychologically it helps get rid of tension and unconscious thoughts through the mechanism of dreams. The number of hours of sleep that you need varies from one person to the next, but, on the whole, if you are under seven hours you are going short on sleep. As well, a night that is interrupted by waking up frequently will not be as effective as a period of sleeping straight through. Besides having trouble concentrating and the unpleasant sensation of "brain fog," bad quality sleep engenders a state of chronic fatigue that leads to numerous pathologies of a psychological nature (stress, depression) or of a physical nature (cardiovascular disease, type II diabetes, obesity).

GETTING TO SLEEP

Basic Reflexes

Sleep is essential for regenerating your brain. To give yourself the best chance of having a good night, you only need to apply a few commonsense rules.

You need to avoid having too big an evening meal or working out just before going to sleep. Have your evening meal relatively early so that the process of digestion is well under way when you go to bed.

You need to take care that your bedroom is quiet, well ventilated, and especially not too hot. A body temperature that is even slightly too high will disturb your sleep. The ideal temperature for the bedroom is between 60 and 68 degrees Fahrenheit.

The hour before sleep should be devoted to activities that are quiet and not stressful. Therefore, it is best to turn off screens (computers, TVs, smartphones) and to give yourself over to pastimes that promote serenity.

Also you will find it helpful to go to bed at the same time every night. By fostering such bedtime rituals your body will get used to distinguishing activity time from sleep time.

Cherry Juice--a Natural Sleep Inducer

British scientists have recently shown the astonishing effects of cherry juice on falling asleep. Cherry juice acts by increasing the level of melatonin secreted at night and promotes sleep cycles. By drinking only 30 milliliters (a tenth of an ounce) of cherry juice twice a day, volunteers noticed that their time asleep increased by twenty-five minutes after one week. Kiwis also have beneficial effects. As for me, I really prefer having a cherry kiwi drink to promote a good night's sleep to using sleeping pills, which produce poor-quality sleep and a heavy waking up.

Lighting

Insofar as possible, you need to have complete darkness in your bedroom. If that's not possible, don't hesitate to buy an eye mask at the drug store. Researchers at Ohio State University have shown that, in hamsters, exposure to artificial light at night promotes depressive behavior. The reason is simple: as with humans, nighttime exposure to light engenders hormonal changes and has an effect on cerebral neurotransmitters. For fifty years the level of depression has been steadily increasing and can be correlated with the fact that our environment is illuminated more and more with artificial light (screens, signs, street lights). Other studies conducted with hamsters have shown that an increase in states of depression and often obesity are linked to light sources that were present during sleep. The final study of this kind on hamsters led to the identification of a specific protein that explains the link between nighttime lighting and depression.

Blocking this protein protected the hamsters that were exposed to light at night from depression. Be sure to remove all sources of light pollution from your bedroom, even minimal ones such as the points of light from a console, a cell phone being charged, or a TV in sleep mode. You will save on power and you will awaken full of positive energy in the morning.

WAKING UP RIGHT

Early Risers Are Thinner and Happier

A team of British researchers compared two groups of people: a first group who woke up at 7:47 a.m. and a second group who woke up at 10:09 a.m. The study was conducted with 1,000 subjects and used two types of measurement: psychological scales to define the level of well-being of the participants and weight and height to evaluate the condition of being overweight. They found that the early risers were in better health, thinner, and happier. The scientists noted as well that the morning people were more willing to have a hearty breakfast that allowed them to maximize their energy reserves and to snack less during the following hours. The internal body clock releases the secretion of certain hormones such as cortisol, which reaches its maximum level every day at 8 a.m. When you realize that cortisol participates in morning energy, we certainly have the beginning of an explanation.

Six Ways of Waking Up in Good Shape

- *Avoid an aggressive alarm clock or a radio at full volume.*
- *Take your time: set your alarm clock fifteen minutes early to avoid rushing.*
- *Before getting out of bed, stretch like a cat to wake up your body gently.*
- *Take a cold shower, excellent for body tone.*
- *Don't skimp on breakfast.*
- *Practice positive thinking: if your schedule is packed, you can, for example, mentally visualize the end of the day when you'll be getting home to take a nice bath or to be with your children.*

Wake Up Once

Falling asleep again after turning off the alarm leads to tiredness during the day: this is the conclusion of a study conducted by Dr. Edward Stepanski of Rush University Medical Center in Chicago. Falling asleep again has a counterproductive effect. This is the famous sensation of being "fuzzy" until late in the morning. The best solution seems to be to wake up with the radio by placing it at some distance from the bed so you don't fall victim to the reflex of just shutting it off.

Users Review

From reader reviews:

Daniel Engle:

What do you in relation to book? It is not important along? Or just adding material when you need something to explain what yours problem? How about your free time? Or are you busy individual? If you don't have spare time to complete others business, it is make one feel bored faster. And you have time? What did you do? Everyone has many questions above. They need to answer that question mainly because just their can do which. It said that about publication. Book is familiar on every person. Yes, it is right. Because start from on jardín de infancia until university need this You Are Your Own Best Medicine: A Doctor's Advice on the Body's Natural Healing Powers to read.

Selma McDaniel:

Hey guys, do you really want to find a new book to learn? Maybe the book with the name *You Are Your Own Best Medicine: A Doctor's Advice on the Body's Natural Healing Powers* suitable to you? The particular book was written by a well-known writer in this era. The book entitled *You Are Your Own Best Medicine: A Doctor's Advice on the Body's Natural Healing Powers* is one of several books that everyone reads now. That book has inspired a lot of people in the world. When you read this guide, you will enter the new age that you never knew prior to. The author explained their thoughts in a simple way, consequently all of us can easily know the core of this e-book. This book will give you a lot of information about the world now. So you can see the representation of the world on this book.

Betty Neal:

You Are Your Own Best Medicine: A Doctor's Advice on the Body's Natural Healing Powers can be one of your starter books that are a good idea. We all recommend that straight away because this publication has good vocabulary that may increase your knowledge in vocabulary, easy to understand, but entertaining while delivering the information. The writer gave his/her effort that will put every word into a pleasurable arrangement in writing *You Are Your Own Best Medicine: A Doctor's Advice on the Body's Natural Healing Powers* although doesn't forget the main level, giving the reader the hottest and based confirmed resource information that maybe you can be one among it. This great information could draw you into a new stage of crucial consideration.

Yong Dickerson:

What is your hobby? Have you heard that will question when you got college students? We believe that that query was given by a teacher for their students. Many kinds of hobbies, every person has a different hobby. Therefore you know that little person similar to reading or as reading become their hobby. You should know that reading is very important along with books as to be the point. Books are important things to include your knowledge, except your current teacher or lecturer. You discover good news or updates concerning something by books. Different categories of books that you can choose to use as your object. One of them are these claims *You Are Your Own Best Medicine: A Doctor's Advice on the Body's Natural Healing Powers*.

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