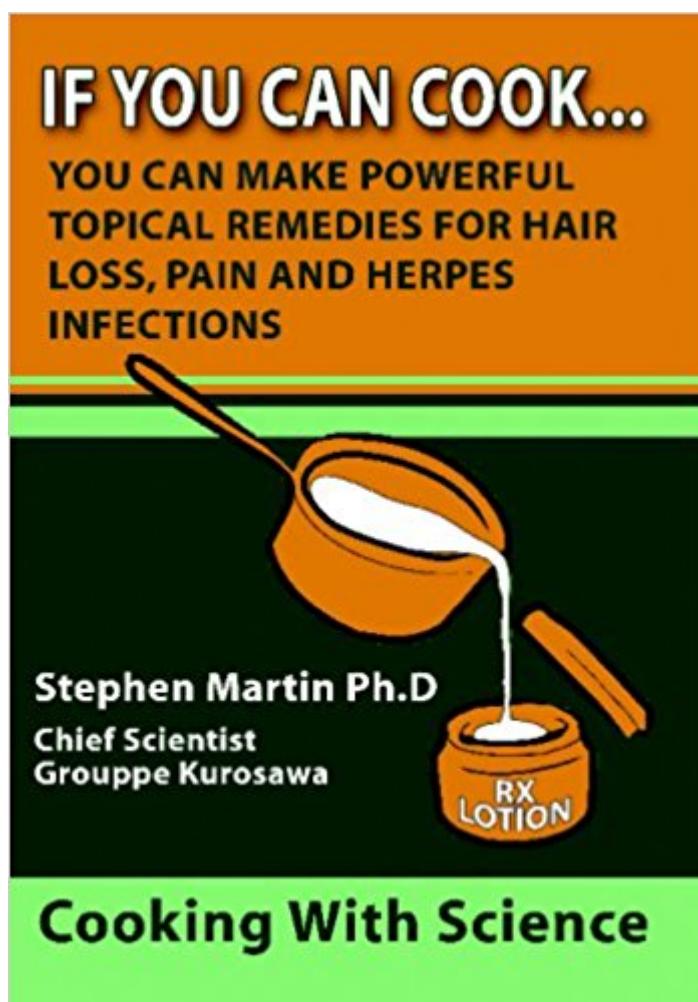


The book was found

If You Can Cook, You Can Make Powerful Topical Remedies For Hair Loss, Pain And Herpes Infections



Synopsis

This book describes the preparation of oral and topically prepared natural medicines for the treatment of hair loss, arthritic and muscle pain and herpes lesions.

Book Information

Paperback: 38 pages

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Best Sellers Rank: #3,207,489 in Books (See Top 100 in Books) #90 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Herpes

Customer Reviews

Stephen Martin, Ph.D is the Chief Scientist of the medical organization Groupe Kurosawa. He has written over 1200 blog essays on a wide variety of medical topics.

Total waste of money - wish I would have sent it back in time! It was meant to be an e-book, and most remedies have links to a 2 line long site. I tried to access one and either put in the 100 characters wrong or it is no longer a link... Many remedies say "Not sure if this will work - try it and let us know"!!

First, I am the type of person that nothing ever works on me...not even prescription drugs. I either get a reaction or doesn't work as designed or it simply doesn't work. This isn't a slam against the industry, as there are a lot of good drugs doing a lot of good for a lot of people. I seem to be a person who falls into the small print. So, I decided to take an active role in the management of my health. I purchased this book to find a formula for topical pain gel/lotion/cream. Though the ingredients can be expensive, it beats the cost of injections for pain and the common side-effects. I made the exact mixture, applied it to my lower back and felt immediate relief...for days. I gave a sample to my skeptical-Mom and she used it on her hands and knees (she has osteo-arthritis). She, too, had immediate relief that lasted for days. She was AMAZED! Even though she gets knee injections (with

some success) a couple of times of year...the effects no longer last until her next scheduled injection.I gave some to my friend, who has heel spurs...yep, worked for him, too (though not as much).Try it for yourself.Note: Book included links for further reading/research which are very, very technical.I haven't tried any of the other formulas.

Dr. Martin shares his experience as a research scientist using natural approaches in dealing with pain and relieving degenerative diseases. This is a unique approach that really works. I've successfully applied the pain formulation and topical applications are very powerful, but it also makes logical sence, at least in my mind. I would recommend the book!

I'm a nutritionist, and this quickly became one of the most important books in my library! I've used the recipes in the book to help friends and family members who are in pain, along with using it on myself, and it works *fabulously* well!!!The problem with over-the-counter NSAIDs (Non-Steroidal Anti-Inflammatory Drugs) like aspirin, Naproxen (Aleve) and Ibuprofen (Advil) is that with regular use, they often cause gastrointestinal bleeding, ulcerations, and/or perforations (with or without pain). If you were able to apply the above NSAIDs topically, you could totally avoid that problem ... which is exactly what I did when I made the pain-relief recipes in this book ... for just pennies!!!! I often tell my clients that whether it's their nutrition or diet, "one size does not fit all." The same holds true for pain relief. What's incredibly cool about this book is that there are a *number* of approaches/solutions/recipes that can be tried. So if one recipe doesn't work to your liking, either try a different one or try adjusting the ingredient amounts. As an example, I found I got better (faster) pain relief when I increased the amount of Naproxen in the recipe.Analgesic (pain relief) formulas are only one part of what is covered in the book. There are also some excellent recipes for men (and WOMEN!) suffering from hair loss, cold sores, and genital herpes.The book is only about 38 pages long, but don't let that fool you. At 30 bucks, it's a steal!!!When you're making pain relief formulas for yourself, please consider making extra and passing it out to friends and family who suffer from chronic pain. I can think of no greater gift or act of humanity. And if you find value in this book, consider supporting the site and man responsible for writing the book ... Stephen Martin and [...]

This book provided a wonderful recipe for topical Naproxen that I use on a regular basis. The information in it seems to be good information. If I have any complaints it is due to the expense of the book. I would imagine that the low volume per unit publishing costs for such a small run, even

with such a small book (< 30 pages) are pretty bad. But even with that, this book is way over priced. That is the reason I gave three stars instead of five. The publisher obviously took "whatever the market can bear" to the hilt.

I just wish I could find his second book on skin creams, anyone know? Also other sites sell this for \$70 so it's a good price.

Very overpriced. This should be a PDF download - not a book. Waste of paper and a waste of time trying to input the lengthy, complicated links.

Stephen Martin was a great man. Sadly he passed away a few months ago. I have a background in the sciences, and I can attest that this man knew what he was writing about. He had a PhD from Berkeley in immunology, I believe, and ran a website that looked at recent medical research concerning cancer, infectious disease, MS, heart disease, HIV and a host of other serious medical maladies, and applied the knowledge listed there with treatments available without a prescription, or, on occasion, with prescription medication that was widely available and generally reasonably priced. There was no one else like Dr. Martin. He knew that many people suffer from serious diseases, and just couldn't wait for the pharmaceutical industry to slowly push drugs through clinical trials. There might not be enough time. Did he cure anyone? I don't know, but I do know that he provided hope, and more than a few people believed his approach was medically valid. He never made much money from his efforts, and that's a shame. When he passed away, the patient community lost one of its biggest advocates and best source of cutting-edge research. He will be greatly missed. This book is one of the last things he has left us. Because of that, it's a treasure.

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