



BMA Family Doctor Home Adviser: The Complete Quick-reference Guide to Symptoms and How to Deal with Them

Tony Smith

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Forget an apple-a-day, this book aims to be the first port of call for homecare health advice to keep the doctor away. Question-and-answer charts help you determine the possible cause of a symptom and advise when its necessary to seek medical help. It is fully endorsed by the BMA with vital information on how the body works and what to do to maintain general health and fitness.

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