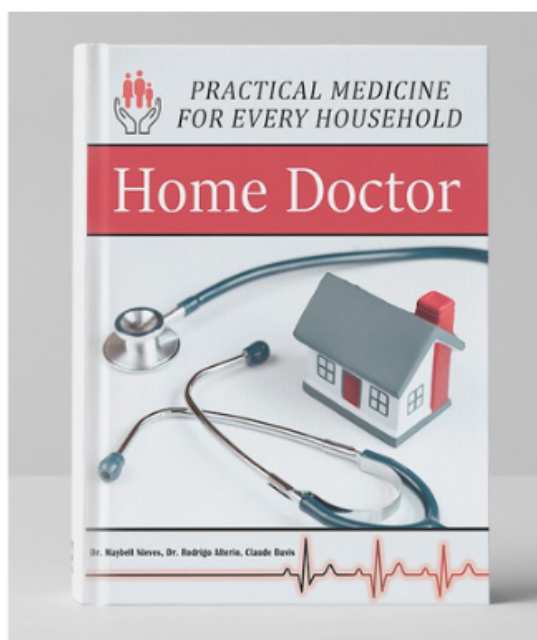


Home Doctor Book Review

Home Doctor – Practical Medicine for Every Household – is a **300 page** doctor written and approved guide on how to manage most health situations when help is not on the way. This book is absolutely massive and is filled with **practical tips, precise diagrams, and step-by-step instructions** that may allow you to stay healthy and help others in need.



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With the Home Doctor, you can become a “**home doc**” yourself. Home docs are self-reliant people who take care of themselves and their families when the situation demands it. That’s what the author wanted to

achieve with this book—to empower normal people, to take care of themselves, their loved ones, and even their communities when doctors and hospitals are not available anymore.

This unique book was written by doctors to help people take care of their health ailments at home when the medical system cannot be depended on anymore. It will prove vital in the next crisis, and you should check it out while it's still available. It's a unique guide for the **layman** that you can use to manage common health ailments at home when seeing a doctor or going to a hospital is off the table.

Who is the Author of Home Doctor Book ?

[Home Doctor book](#) is written by **Dr. Maybell Nieves**, a front-line doctor from **Venezuela** who has saved hundreds of people through one of the worst crises in modern history. She co-authored the book with **Dr Rodrigo Alterio and Claude Davis**.

She is the head surgeon of the Unit of Breast Pathology and general surgeon at Caracas University Hospital in Venezuela, **with over 10 years of experience** in the operating room. She studied at the prestigious European Institute of Oncology in Milan, Italy.



Dr. Maybell Nieves

Dr. Maybell is known for developing new, ingenious methods of treating patients after Venezuela's economy collapsed and hospitals and pharmacies ran out of medicines, supplies, electricity and running water.

The ingenious methods she developed are found in this book and can be **self-applied at home**. That makes them extremely valuable if the medical system cannot be depended on, like during long-term blackouts for example.

This book is a unique guide for the **layman** that you can use when help is not on the way or to manage common ailments that don't require seeing a doctor.

Inside The Home Doctor Book you will Learn:

- **10 Medical Supplies You Need to Have in Your House –**
These supplies are not expensive and should still be available, but they tend to run out fast.
- **The Biggest Mistakes You Can Make in a Blackout —**
Inside the Home Doctor, you'll also learn about the biggest medical mistakes you can make in a blackout and what to do with important medications that require refrigeration, like insulin or Humira.
- **How to Recognize a Heart Attack and What to Do Next –**
Inside the book you will learn about four distinctive symptoms of heart attack and what to take and keep beforehand in case of emergency.
- **What Happens When You Take Expired Medications —**
This chapter explains which medication is safe to take after its expiration date and which ones are not. You have to pay close attention before you throw away your so called “expired” medication.
- **The Only 4 Antibiotics People Should Stockpile –** Modern antibiotics are lifesavers. Author has selected to stockpile 4 different antibiotics for just this reason and I want to show you how you can do the same... legally, without a prescription.

- **The Best Natural Painkiller That Grows in Your Own Backyard** – Another thing you’ll discover is the best natural painkiller that probably grows in your own backyard.
- **An Ingenious Way to Stockpile Prescription Medicines, Including Insulin** – You will learn how to deal with shortages of medicines such as insulin, which some people need to take every day using legal and safe methods.
- **How to Quickly Recognize a Stroke and The First Thing YOU MUST DO IMMEDIATELY Afterward** – Inside the Home Doctor, the author shows you the fastest way you can recognize stroke and the one thing you must do immediately to improve your chances of survival.
- **What Happens if You Take the Wrong Probiotics** – You will find out about good probiotics you really need to keep in your medicine cabinet and avoid bad ones that can mess up your gut flora.
- **A Simple “At-Home” Method for the Flu and Other Respiratory Issues** – During the flu season, a lot of people end up in the hospital with a high fever, coughing their lungs out. So one of the things I want to give you is a simple protocol to deal with it at home if going to a hospital is off the table.
- **A Step-by-Step Approach to Deal With Almost Every Skin Injury and Condition** — In Chapter 3, Skin and Skin

Appendages, you'll find out all you need to know to manage conditions of the skin, such as corns, warts, athlete's foot, burns and scalds, dermatitis, fungal infections of the nails, insect bites and stings, abscesses, ulcers or open wounds...

- **The Unnoticed Symptom That May Point to an Internal Inflammation** – You'll also learn about the little-known body signs that tells you if you have hidden inflammation inside your body at this very moment.
- **The 1-Minute Stretch That Relieves Most Back and Neck Pains** – You will learn about a simple move(one-minute stretch routine) that will help you deal with your back problems.
- **A Natural DIY Antibiotic Salve Recipe to Keep Around** – The recipe(Antibiotic ointment) found inside the Home Doctor aids in keeping a wound from becoming infected and help reduce scarring.
- **How to Perform a Complete Breast Exam at Home** – A woman should know how to determine if there is anything wrong with your breasts. The aauthor shows you a simple set of diagrams and instructions that you can follow to put your mind at ease.
- **How to Use Leeches Medicinally Just Like Folks 100 Years Ago** – Have you ever heard of leeches used as medicine? They are an extremely effective and easy-to-use remedy for

preventing a wound from festering and speeding up healing, as long as you're not squeamish that is.

- **An Ingenious Eggshell Remedy and 25 Others Made from Things People Usually Throw Away** – I'm also going to show you 25 remedies made from things you usually throw away.
- **How to Take Care of Toothaches and Mouth Infections When You Can't Visit a Dentist** – you will learn how to take care of your bad toothache and dental infection the right way.
- **The Best Way to Tell if an Arrhythmia Is Benign or Dangerous** – You will learn how to identify if Arrhythmia (irregular heart rhythm) is normal or it can be dangerous and life threatening.
- **How to Remove an Ingrown Nail** – You'll also discover how to remove an ingrown nail. In a situation where medical help is hard to come by, an ingrown nail can cause a serious infection if you don't remove it.
- **Why You Should Always Keep a Stick of Gum Close by if Your Ears Start to Hurt**
- **How to Know What's Wrong if You've Got Abdominal Pain** – Inside the Home Doctor, you'll have a complete diagram with nine sections of the abdomen that, upon palpation, should reveal where the problem is.

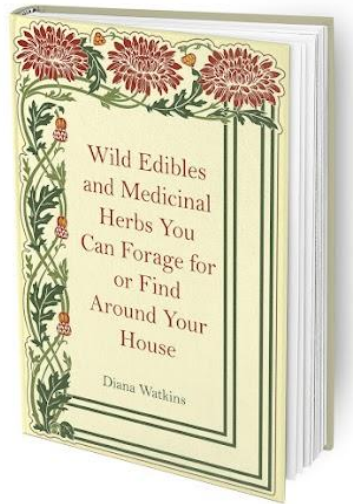
- **Are Your Migraines Hiding Something More Serious? –**
You'll discover which two types of migraines are most common and the simple but essential things you need to do to identify which one you have and how to get rid of it.
- **How to Deal with Injuries Caused During Social Unrest –**
You'll also learn how to deal with typical wounds caused by violent protesters and rioters.
- **What Doctors Do to Keep Their Immunity High –** You'll learn the things that doctors do to keep their immunity high after they come in close contact with sick people, things that you can also do at home to protect your family.
- **How to Use Salt and Oil for Tooth and Gum Decay –** You'll also discover the old mustard oil and salt remedy that people use to restore gums and remove plaque.
- **The 10 Most Sought-After Bartering Items in Venezuela –** I'll also show you ten non-medical items you must stockpile now.
- **A Before-Bed Recipe to Sleep Like a Baby Again –** You'll also find out about some of the ingredients that you probably have in your kitchen right now, which, when mixed the right way, can help you fall asleep.

- **40 Interesting Home Reliefs from Our Grandparents That Could Help You** – You'll also rediscover 40 home remedies our grandparents taught us that doctors still use or prescribe
- How to use Cabbage Wraps for Inflammation to draw out poison or pus from a wound and speed up the healing.



When You will Download Home Doctor Book you will also get following 2 FREE Bonuses:

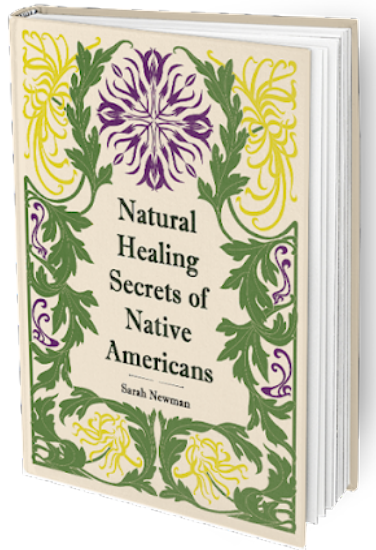
✓ FREE Bonus #1: Wild Edibles You Can Forage for or Find Around Your House – These are the lifesaving herbs that people in Venezuela ate when they couldn't afford to buy food from the market anymore. These plants grow all over North America, and I bet some are also growing around your house. With this bonus, you'll be able to identify wild edibles and take advantage of your backyard supermarket.



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✓ FREE Bonus #2: Natural Healing Secrets of Native Americans –

In it you'll rediscover the powerful natural medicines that natives relied on well before the dawn of modern medicine. One day these plants will be worth their weight in gold. With this, you'll never be short on medicine no matter what happens and will always have a way left to help yourself or a loved one in need.



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If at any time during those 60 days you are not COMPLETELY satisfied with this purchase, send me an e-mail, and I'll give you back every cent. It's as simple as that!