



The Athletes Book of Home Remedies: 1,001 Doctor-Approved Health Fixes and Injury-Prevention Secrets for a Leaner, Fitter, More Athletic Body!

By Mike Zimmerman

Rodale Books. Paperback. Condition: New. 400 pages. Identify, treat, and most important prevent common debilitating sports injuries and medical conditions. Whether you're a hardcore competitor or a weekend warrior, this book belongs on your shelf. The Athletes Book of Home Remedies is your go-to resource for safe, effective, do-it-yourself treatments whether you have a strain, sprain, or pain that you've never felt before. When you get hurt, you have fears. You have questions. Ice or heat Should I see a doctor Will I need surgery This book answers those questions and allays those fears. Dr. Jordan Metz, one of the nation's leading sports medicine physicians, breaks down all the information into easy-to-follow strategies for effective self-treatment while letting you know in no uncertain terms when you should go see your own doctor, pronto. The book also answers other common training questions like, What should I eat to fuel my workouts and What exercises can I do to prevent injury and perform at the next level Understand: Metz isn't just a doctor. He's an elite athlete, having completed 9 Ironman triathlons and 29 marathons. He understands the mind of the athlete, how psychologically devastating any injury can be, and what it takes to get...



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This publication will never be effortless to get started on reading through but very entertaining to read through. It normally is not going to expense too much. I discovered this publication from my dad and i encouraged this book to find out.

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The publication is great and fantastic. It is packed with knowledge and wisdom You will like how the article writer publish this publication.

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