THE PEOPLE’S PHARMACY

NEW BOOKS
and Special Offers
from Joe and Terry Graedon, hosts of the award-winning public radio show

INFORMATIVE GUIDES

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of their most popular radio programs

For over 30 years, Joe and Terry Graedon have been writing about some of the most important health issues of the day. Their books, syndicated health column, website, and public radio show reach millions of health conscious people around the world.

Don’t take a chance
with your health or your life!

Get the information you need to make wise health decisions.

CALL 800-732-2334 for Credit Card Orders

www.peoplespharmacy.com
A 1
Digestive Disorders
Drugs and foods that aggravate heartburn. Effective treatments for constipation and diarrhea. Foods that cause gas and a secret recipe for degassing beans!

A 2
Getting a Good Night’s Sleep
Tips on beating insomnia: foods to avoid, foods that help, herbal remedies, sleeping pills. Drugs that may cause insomnia.

A 3
Alternatives for Arthritis
With Vioxx off the market, and a cloud over other popular arthritis medications, learn how to re-evaluate your pain control with other drugs, dietary supplements and home remedies.

A 4
Drugs and Older People

A 5
Cholesterol Control & Heart Health
Drug and non-drug approaches to lowering cholesterol including supplements, home remedies, anti-inflammatory foods, statins, and other medications.

A 6
Hair & Nail Care
The best shampoos and conditioners. Drugs that may cause hair loss. Fighting nail fungus with home remedies. Dandruff solutions.

A 7
Blood Pressure Treatment
Summary of non-drug approaches and the most popular prescription medicines.

A 8
Thyroid Hormones
What symptoms signal an underactive or overactive thyroid? Everything you need to know about testing, treatment, and side effects. The latest on thyroid and osteoporosis.

Joe & Terry Graedon also host an hour-long program syndicated on public radio and heard around the country.

They interview the leading health experts on topics critical to your health. For a list of weekly shows, visit the website www.PeoplesPharmacy.com

The Dark Side of Statins
December 11, 2004
Cholesterol lowering drugs like Lipitor, Zocor and Crestor are the most successful drugs in the world. They bring down bad LDL cholesterol almost like magic and reduce the risk of heart attacks and strokes.

Anti-Cancer
February 6, 2010
Preventing cancer and its recurrence through diet, exercise and other natural approaches

Mental Health Naturally
October 23, 2010
Overcome stress with appropriate diet, exercise and supplements

Sugar Hazards
February 12, 2011
Why hidden sugar threatens our health

Balance Disorders
June 4, 2011
Treating dizziness requires determining the cause. Here’s what doctors need to ask and patients need to describe when the world starts to spin.

Foods that raise blood sugar quickly may also contribute to weight gain.

Guides: $2 each
CDs: $9.99

Many people find that soap under the bed softens off leg cramps. The People’s Pharmacy Bed Soap is uniquely designed for this purpose because it is flat. 3 bars to the box.

We have also heard from many readers that soap chips in socks or pockets can help alleviate restless legs or even muscle cramping.

If you like our newspaper column, you’ll love our radio shows. Ask your Public Radio Station to air THE PEOPLE’S PHARMACY.

Visit our website at www.peoplespharmacy.com