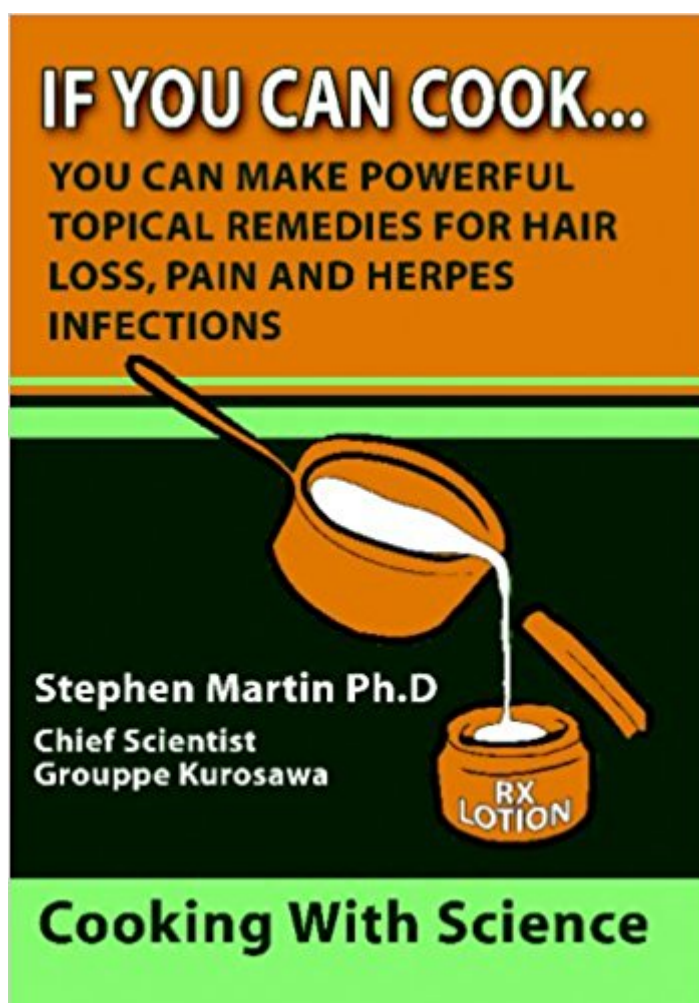


The book was found

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

Publisher: CreateSpace (April 15, 2008)

Language: English

ISBN-10: 1438206151

ISBN-13: 978-1438206158

Product Dimensions: 7 x 0.1 x 10 inches

Shipping Weight: 4.5 ounces

Average Customer Review: 3.3 out of 5 stars 9 customer reviews

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 alot of good drugs doing alot of good for alot 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!!!! often tell my clients that whethere 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.

[Download to continue reading...](#)

Herpes: Herpes Cure: The Natural Herpes Cure Method To Eliminate Genital Herpes For Life! (Herpes Cure, Herpes, Genital Herpes, Cold Sore, Eliminate Herpes, How To Cure Herpes, Herpes Treatment) Hair Loss: Hair Loss Solutions for Beginners - Hair Loss Basic Guide - Hair Loss Cure (Hair Loss Protocol - Hair Loss Black Book - Hair Loss for Dummies 1) Herpes: for beginners - Herpes Cure - Herpes Remedy - Genital Herpes (Herpes Cure - Herpes Treatment - Herpes Therapy - Herpes Remedies Book 1) If You Can Cook, You Can Make Powerful Topical Remedies For Hair Loss, Pain And Herpes Infections Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) The Ultimate Herpes Cure - How to Eliminate

Herpes for a Life Using Natural Cure Methods (Herpes Cure, Herpes Protocol, Herpes Cure Treatment, Herpes Treatment, Herpes Zoster, Herpes Simplex Virus) Hair Loss Cure & Treatment: Prevention & Effective Natural Regrowth Methods (Hair Loss Prevention, Hair Loss Treatment, Hair Loss Cure, Hair Loss For Men, Hair Regrowth, Self Help) Herpes: 50 Ultimate Herpes Cures: How to eliminate Herpes for life and never suffer from outbreaks again (Herpes Treatment, Genital Herpes, Herpes Zoster, ... Cold Sore, Health, Herpes Protocol Book 1) Herpes: HERPES TREATMENT. HERPES CURE.: How to Finally Overcome Herpes and Cure Herpes Forever (Herpes Cure, Herpes Treatment) Herpes: The Ultimate Herpes Cure (Herpes, Herpes Cure, Herpes Treatment, Herpes Virus, Herpes Free) Herpes: The Ultimate Beginners Guide To Eliminating Herpes: How You Can Overcome Herpes And Finally Enjoy Your Sex Life (Herpes, Cold Sore, How To Cure ... Cure, Genital Herpes, Herpes Simplex,) 100 Tips For Hair Loss: How to Deal With Hair Loss and Assist Your Hair Growth (hair loss, hair growth, alopecia, grow hair, baldness, balding) Hair Loss Cure: Everything You Need to Know About Hair Loss, Hair Loss Prevention, Hair Re-growth and Hair Loss Treatments (Hairloss treatment) The Herpes Cure: Permanent Solutions To Treating Herpes (Cold Sore, Genital Herpes Cure, Genital Herpes Book, herpes cure, cure herpes The Herpes Solution: How to Free Yourself of Genital Herpes... for Good! (Genital Herpes Book, Cold sores, genital herpes, genital herpes cure, genital herpes treatment) Yeast Infections: Yeast Infections Guide To Treating Yeast Infections And Curing Yeast Infections With Candida Diet Strategies, Candida Recipes And Candida ... Guide To Yeast Infections No More) Hair Loss: How it Happens and How to Fix It (Hair Loss, beauty and fashion, hair, loss, aging parents, hair growth, healthy hair) Hair Loss Explained - Natural Solutions for Hair Loss and Premature Balding: (Natural Hair Care, Hair Loss, Scalp Treatments, Balding, Cure, Going Bald, Remedies) Hair Loss: 5 Easy Steps To Stop and Prevent Hair Loss (hair loss, hair care, bald, beauty care, personal hygiene, natural health remedies, personal health care) Hair Loss Solutions for Men: How to Cheat Hair Loss for Life (Hair Loss Solutions: How to Cheat Hair Loss for Life Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)