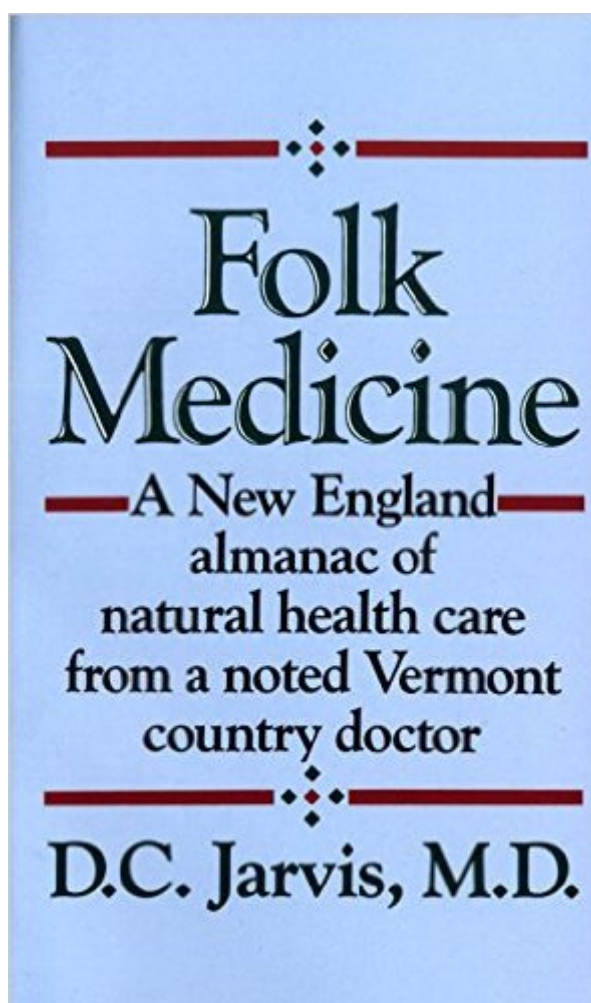


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# Folk Medicine: A New England Almanac Of Natural Health Care From A Noted Vermont Country Doctor



## Synopsis

"A fascinating book by a distinguished Vermont physician." **NEW YORK DAILY NEWS** For centuries the vigorous and healthy families of Vermont have passed down simple commonsense home remedies for all sorts of common aches and pains, from one generation to the next. Dr. Jarvis spent years practicing medicine in the Green Mountains and observed the natural wonders of Vermont folk medicine. He shares that wisdom in this helpful book in order to help you: burn body fat and decrease body weight, improve sleep and overcome chronic fatigue, reduce high blood pressure, and much more.

## Book Information

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (143 customer reviews)

Best Sellers Rank: #54,586 in Books (See Top 100 in Books) #25 in [Books > Health, Fitness & Dieting > Alternative Medicine > Homeopathy](#) #51 in [Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy](#) #83 in [Books > Health, Fitness & Dieting > Reference](#)

## Customer Reviews

A friend lent me this book to read and what a treasure. I had to have a copy for myself and bought one to add to my collection. I disagree with a previous poster that stated this book is "very archaic" - yes, this book was published in 1958, quite some time ago. But the essence is still relevant today - eat as one's ancestors ate. Dr. Jarvis, M.D. uses animals to clearly illustrate the point of survival of the fittest. Animals, unfettered by the politics of pharmaceutical companies, follow their innate instinct to eat foods of maximum nutritional value to nourish their bodies to carry their species into the next generation without disease and physical impairment. As Dr. Jarvis, M.D. states "... it makes a great difference to your heart whether you give it the natural sugar which is found in honey, or refined white sugar." A simple, yet profound statement having tremendous consequences on the population addicted to processed white sugar as we humans battle cancer, heart disease, and designer ailments (through the power of pharmaceutical advertising). The previous poster also

states that "the information had no real research to back it up." I beg to differ. The lack of authoritarian research is not an indication of a lack of viable results. My own "personal research" is quite impressive. As a testament to my spouse and my understanding of the necessity of a proper diet, we raised our two children with the basic principles of good nutrition (that means NO DRUGS). As they make their way through college, their critical thinking just astounds us. How much easier it is for them to accomplish tasks at a higher intellectual level than most Americans will ever experience in their lifetime.

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