



# **Health Basics: A Doctor's Plainspoken Advice About How Your Body Works and What to Do When It Doesn't**

*Michael S. Richardson MD*

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These frank discussions of healthy behaviors and biological processes incorporate both the practical and scientific elements necessary for making informed medical choices. While the information on allergies, physical fitness, smoking, alternative medicines, and travel health addresses popular questions, coverage of biological fundamentals such as the respiratory system, the musculoskeletal system, and glandular diseases situates these issues in the context of medical science. An up-to-date reference list and comprehensive glossary are included.

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