



Be smart, wellness! Regain your good health,
live longer, stay healthy, and FAMILY HEALTH
shows you the way.

EDITED BY
D. N. MARSHALL, BA, PhD
LIONES, ACTION-HERRARD, JESSIE, MBE, DPH, FHE, MBE, FHE
Nurse-Surgeon, Nursing, Dip. Tropical Nursing
NURSE, BULL, MBE, DPH, OTM & FHE



CONTENTS

CHAPTER

- 1 BODY DEFENCES 6
- 2 BACK PAIN 16
- 3 HOW TO COPE WITH STRESS 23
- 4 HOW TO STOP SMOKING 38
- 5 SMOKING IN PREGNANCY 48
- 6 ALCOHOL AND YOU 51
- 7 DRUGS: USAGE AND ABUSAGE 59
- 8 SIMPLE HOME TREATMENTS 64
- 9 WHOLE FOODS 72
- 10 YOUR BODY NEEDS PREMIUM FUEL 81
- 11 HEART BEAT 89
- 12 HOW TO WEIGH WHAT YOU WANT TO 94
- 13 HEALTH IS A SLIM-LINE 100
- 14 HOW TO START YOUR EXERCISE PROGRAMME 109
- 15 KEEPING FIT 114
- 16 PREGNANCY AND CHILDBIRTH 121
- 17 YOUR NEW BABY 140
- 18 PLAY IT SAFE IN THE HOME 147
- 19 CARING FOR THE SICK CHILD 150
- 20 PREPARING A CHILD FOR HOSPITAL 154
- 21 ALLERGIES 159
- 22 SOUND SLEEP 164
- 23 CORRECT BREATHING 168
- 24 LOOK AFTER YOUR TEETH 172
- 25 WHOLE PERSON HEALTH 178
- 26 FIRST AID 186