



The 24-Hour Pharmacist: Advice, Options, and Amazing Cures from America's Most Trusted Pharmacist

By Suzy Cohen

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As a pharmacist for almost two decades, Suzy Cohen knows that medication can often be invaluable. But she has also learned to "think outside the pill" and recommend natural options that are often just as good or better at promoting health without the risk of dangerous, drug-induced side effects. In this comprehensive, one-of-a-kind resource, she answers such questions as:

- How can I stop my husband/wife from snoring?
- Are vitamin pills worth it or worthless?
- Are there alternatives to antidepressants?
- What kind of surge protection is there for hot flashes?
- How can I train my body to lose fat?

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Editorial Review

About the Author

Suzy Cohen, R.Ph., has a syndicated column, "Dear Pharmacist," which reaches nearly 24 million readers coast to coast. When she isn't writing her column, she works as a pharmacist and speaks for various consumer and professional organizations.

Suzy Cohen, R.Ph., tiene una columna sindicada, "Dear Pharmacist", que alcanza a unos 24 millones de lectores de costa a costa. Cuando no está escribiendo su columna, trabaja como farmacéutica y da conferencias para varias organizaciones profesionales y del consumidor.

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