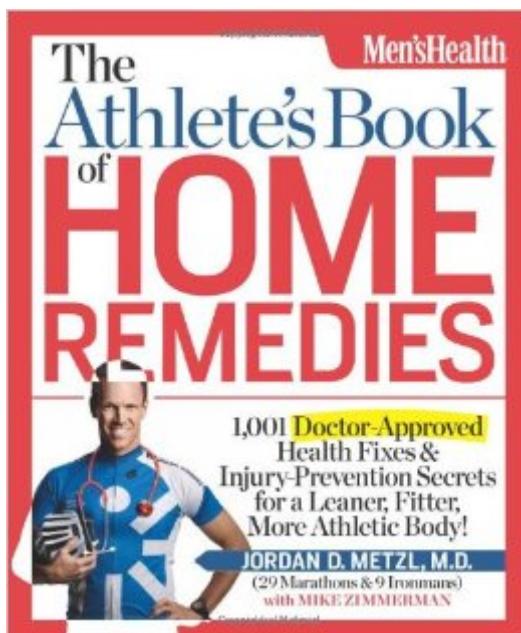


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# The Athlete's Book Of Home Remedies: 1,001 Doctor-Approved Health Fixes And Injury-Prevention Secrets For A Leaner, Fitter, More Athletic Body!



## Synopsis

Identify, treat, andâ •most importantâ •prevent common debilitating sports injuries and medical conditions. Whether you're a hardcore competitor or a weekend warrior, this book belongs on your shelf. The Athlete's Book of Home Remedies is your go-to resource for safe, effective, do-it-yourself treatments whether you have a strain, sprain, or pain that you've never felt before. When you get hurt, you have fears. You have questions. Ice or heat? Should I see a doctor? Will I need surgery? This book answers those questions and allays those fears. Dr. Jordan Metzl, one of the nation's leading sports medicine physicians, breaks down all the information into easy-to-follow strategies for effective self-treatmentâ •while letting you know in no uncertain terms when you should go see your own doctor, pronto. The book also answers other common training questions like, "What should I eat to fuel my workouts?" and "What exercises can I do to prevent injury and perform at the next level?" Understand: Metzl isn't just a doctor. He's an elite athlete, having completed 9 Ironman triathlons and 29 marathons. He understands the mind of the athlete, how psychologically devastating any injury can be, and what it takes to get you back in your game as quickly and safely as possible. In The Athlete's Book of Home Remedies, you'll find:

- â ¢ Eye-popping anatomical illustrations of each injury, detailed symptoms, how the injury happens, and how to fix it â ¢ The secret system of the body that you can tap to boost performance and prevent injury â ¢ Concussions: What you need to know â ¢ The most annoying sports maladies everâ •from athlete's foot to side stitchesâ •cured! â ¢ The Iron Strength Workouts: Intense, total-body exercise routines for all fitness levels designed to build injury-proof athletes â ¢ Two comprehensive eating plans, each with a week's worth of meals engineered to fit the specific nutrition needs for endurance training or strength training â ¢ Dozens of sneaky tips for gaining an edge in any sport

## Book Information

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## Customer Reviews

Just got this book in the mail today. First thing I'll say is that the quality of this book is excellent. Pages are large, paper it's printed on is not cheap. (For this book I wouldn't recommend the Kindle version since it's something you'll reference while working out and/or healing. Plus, the graphics are outstanding.) It's well organized with a large section devoted to injuries types, and how to prevent them and/or resolve them. (About 60%) Graphics of muscles/bones is very detailed. The rest of the book has excellent workout programs with nicely detailed graphics and how-to instructions. I'm a runner and I will get much use of this book. But you don't have to be a runner as it's designed for all types of athletes. (Both beginner and advanced) Highly recommended!

I saw Dr Metzl speak at corporate event and he had great advice. I spent \$13 on this book, and so far have increased the range of motion of my neck, improved plantar fasciitis, have my husband doing stretches to improve his IT band, and my father-in-law working on his ankle issues as well. Great to know how to prevent and heal those things that plague active people once they pass 30.

I have been watching Dr. Metzl's Runner's World videos for some time. I was so impressed with those, that I bought the book. Following his directions, I've managed to significantly reduce my lower back and hip pain. I highly recommend this book, not just for athletes, but for anybody with any pain problems.

I got this book last week and I've already referred to it twice. It's extremely comprehensive, yet perfectly accessible and easy to navigate. Having used the Internet as my source before, I value having all of this information in one reputable source and appreciate that it comes from the viewpoint of an expert who really understands the mentality of an athlete. As a new runner, it's a comfort knowing that this book is on my shelves.

When I received Dr. Metzl's book, as a gift from my husband, I truly enjoyed reading it and began exercising with a completely different perspective the very first weekend. The information is put together and communicated with such an ease to understand for anyone who wants to learn how to exercise efficiently, effectively and prevent injuries. This book is absolutely brilliant. It is not a

conglomeration of home remedies or what to use to rid yourself of cramps; what it is, however, is a book written by a distinguished physician who is extremely knowledgeable and readily shares his knowledge succinctly and clearly. The information will benefit athletes and people who might be considering exercise as part of their every day lives. I was a competitive gymnast in my youth and have been exercising and running for the past 40 years. I have learned, from reading this book, that my warm-up routine was not efficient, sufficient or correct and how strengthening specific areas with specific exercises yields increased strength, success and enjoyment. Dr. Metzl is a nationally recognized Sports Medicine Physician who has competed in 29 marathons and 9 ironman triathlete competitions. His simple and straightforward approach to strength and training allows the reader to reach his or her level of comfort and competitiveness while staying injury free. The results are an amazing book written by an amazing physician evenly applicable to the novice or competitor.

MARCELA SPEERT

Every New York-area runner who has ever been injured has heard of Dr. Metzl, but most have not visited him because he takes no insurance. However, for the cost of an insurance co-payment, I now have an amazing resource, with easy to understand descriptions and diagrams of all the body parts which tend to go wrong in athletes, and information about how to self-treat or prevent most chronic injuries. (Lest you think this book is all about self-treatment, there is a sidebar in each section indicating what symptoms should require a doctor's visit.) Because Rodale puts this under the "Men's Health" imprint, the cover has to offer "secrets for a leaner. . . body", but that isn't the focus of the book. Also, despite its being from "Men's Health", there are women-specific sections, including a good briefing on selecting a sports bra. Preventing one bad sports bra choice would more than pay for this book.

This book is great. It's like an owners manual for your body. It simplifies concepts in how your body works and how to think about preparing it for peak condition. Anyone starting out in exercise should be handed this book. And for those already engaged in fitness, it's a great way to re-focus and make sure you're taking care of yourself the right way. Thanks Dr. Metzl.

I admit, I am a bit biased because Dr. Metzl is my orthopedist! But the book is truly wonderful. It is well-written, filled with valuable advice and contains several excellent regimes, with really helpful graphics. It is not just for athletes - it is helpful for anyone looking to take care of their body. The advice is particularly good for individuals who love to work out, whether or not they are participating

in a sport. Dr. Metzl made me healthy and strong after several painful ski accidents and various other exercise-related injuries. His book is almost as good as seeing him in person (I say almost because he is quite adorable so in person is better!)

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