The writer’s intrigue with health and nutrition dates back to his high school and college years when much time and effort was directed towards obtaining the greatest possible level of physical fitness and athletic stamina. Through the years since then, I have been led to a number of books which convey valuable information along the lines of proper nutrition and its direct correlation with our overall health. None have been more profound than *Folk Medicine*.

Originally published in 1959 by a well-known, Vermont country doctor, as of this writing the 192-page, paperback book is still available 45 years later at the most affordable price of $5.99. The book’s inception stemmed from Dr. Jarvis’ nationwide medical associates requesting he compile and publish his findings. However, there is no cause for alarm as he does not sling around an overabundance of medical terminology which would be meaningless to the general public. *Folk Medicine* is a well-documented recollection by Dr. Jarvis of numerous health and nutrition principles which he found to lie in back of the various home remedies practiced by those native to the Green Mountains of Vermont. Not only will the book make one more knowledgeable as a parent (from pregnancy onward), it also provides much information on Dr. Jarvis’ successful treatment of livestock which were local to his practice. The doctor noted many of the principles which apply in the animal kingdom have been used with success on humans and vice versa. The book will pay for itself many times over just from the standpoint of enhancing one’s knowledge in maintaining the health of one’s livestock and/or other animal investments.

In an interesting and informative manner, the author deals with natural and effective treatments for: arthritis, infertility, prevention of sickness and disease, fighting sickness when it does occur, keeping the heart healthy, mending broken bones, insomnia, bedwetting, treating burns, weight loss, reducing high blood pressure, easing migraine headaches, ending chronic fatigue syndrome, producing strong, healthy offspring, and more. Doctor Jarvis often refers to his use of apple cider vinegar and/or honey. For those who may not know, both apple cider vinegar and honey must be raw and unfiltered to be efficacious as prescribed.¹ This rules out most brands at national chain stores because their food value and effectiveness have been markedly reduced. Local health food stores will likely carry raw, wholesome apple cider vinegar and various kinds of raw, unprocessed honey.

You will be most satisfied with the time and money invested in reading this book, and instead of spending your latter years infirm and immobile, *Folk Medicine* will provide the knowledge necessary to remain working and active – an asset to your family, to your community, and to your nation. Additionally, you will be better equipped to maintain the health of your herds, flocks, and pets in a natural, effective, and self-sufficient manner. Readers may want to order three or more copies at once as they will almost surely wish to give away copies as gifts to friends and loved ones.

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¹ Neither pasteurized nor heated. Cooked honey – like all other processed sugars – will largely become another drain on the body’s vital reserves of calcium and the other trace minerals required to process and metabolize glucose.
This author gives *Folk Medicine* the following rating: 5 out 5 stars! *Folk Medicine* is a momentous classic – a work of monumental significance. Not only should this book be the treasured possession of every person seeking for improvements in health, it should also be the valued book on the shelf of every homesteader, every farmer, every athlete, every parent, and even every doctor and veterinarian. The book’s wealth of practical information provides significant knowledge and wisdom to those who are seeking more answers about health and nutrition. *Folk Medicine* has our highest recommendation.

C.P.
Northridge, CA
5/22/2004

**Postscript:**

**Book Details:**

*Folk Medicine*, by D.C. Jarvis, M.D.,

**Please note:** When this review was first published, a multitude of inquires were made about where to obtain the text although it was clearly indicated the book was still in print. Any book which is still in print may usually be obtained by special-order from almost any and every bookstore nationwide. *Folk Medicine* is also available through the amazon.com bookstore. The author of the above review does not have time to answer scores of inquiries about where to obtain *Folk Medicine*. Please consult your local bookstore or the Internet for ordering information.

A special note for those who may choose to follow *Folk Medicine*’s recommendation of using the raw vinegar and honey drink: one should use caution to avoid getting too much acid on the teeth.\(^{2}\) This drink – while beneficial in many ways – can potentially remove tooth enamel. Dilute vinegar drinks well, and rinse mouth with water after drinking. Drinking through a straw may also be a consideration.

\(^{2}\) Proverbs 10:26