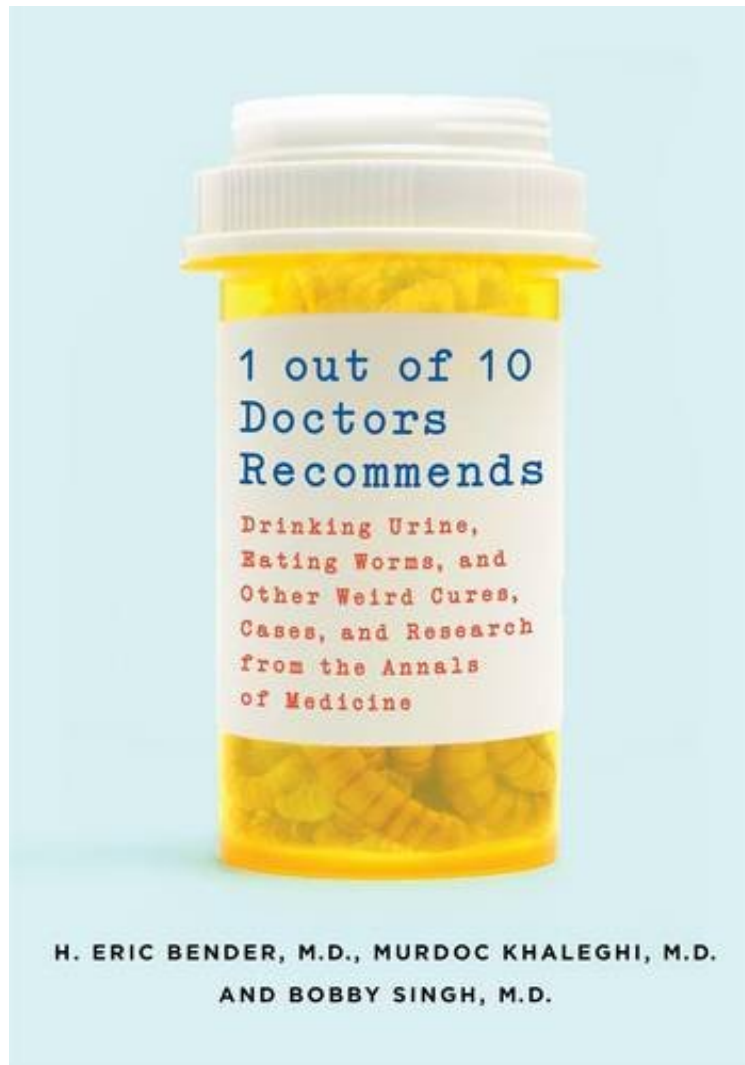


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# 1 Out of 10 Doctors Recommends: Drinking Urine, Eating Worms, and Other Weird Cures, Cases, and Research from the Annals of Medicine

*H. Eric Bender M.D. M.D., Murdoc Khaleghi M.D. M.D., Bobby Singh M.D. M.D.*

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Have you ever wondered what that 1 outlier would say when you see commercials and products boasting that 9 out of 10 doctors recommend something? Well here's your answer.... Three doctors explore and explain the least recommended techniques and cures lurking in the darkest corners of medicine through the ages. Entertaining and informative, (and sometimes just plain gross), 1 Out of 10 Doctors Recommends examines the strangest and most unusual medical practices, including drinking your own urine to fight infection, using live eels to relieve constipation, and licking a patient's head to diagnose cystic fibrosis. As licensed medical physicians who believe that humor is the best medicine, the authors decode the methods behind the seemingly mad science. Fascinating examples include: \* the use of bee venom to treat herpes \* infecting yourself with intestinal parasites to relieve allergies \* "natural" ways to make your genitalia larger \* how the insertion of a potato reportedly stops post-delivery bleeding \* the effects of salt pork on a sore throat \* the supposed benefits of "vampire facials"

"The three coauthors entertainingly survey weird medical cases. [A] wow-inducing overview of medical bizarreness."?Booklist About the Author H. ERIC BENDER, MD, divides his time between his private psychiatry practice in San Francisco, lecturing, and consulting with media outlets on popular culture and mental health. MURDOC KHALEGHI, MD, splits his time between the emergency department, working with cool companies, and trying to stay warm during youth hockey games. BOBBY SINGH, MD, practices in a large teaching hospital, as well as maintaining a private practice in forensic psychiatry and geriatric psychiatry.