



Your Health Matters: An Essential Guide to Health - Head to Toe

Nina Byrnes

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Dr Nina Byrnes first appeared on our screens as co-presenter of

the popular RTÉ series Health of the Nation where she became

known for her straight-talking, no-nonsense approach. Since

then, she has contributed to several television and radio

shows all the while working full time as a GP in Dublin. In Your

Health Matters, she brings her GP surgery to you, providing

up-to-date medical information and advice.

Inside the pages of this top-to-toe guide, you will learn how

the different systems in your body function, as well finding

clear, simple information about the risks, symptoms and

treatment of the most common medical conditions.

Most of all, you will find the tools to understand your body,

be proactive about your health and reduce your risk of chronic

disease.

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