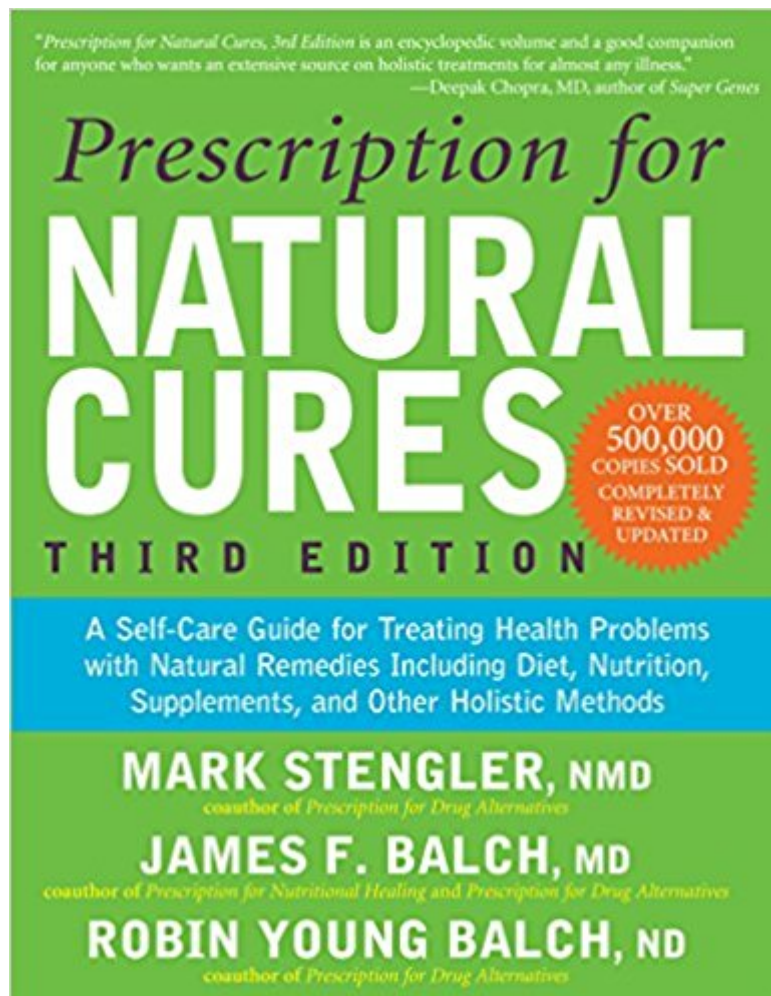




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# Prescription For Natural Cures: A Self-Care Guide For Treating Health Problems With Natural Remedies Including Diet, Nutrition, Supplements, And Other Holistic Methods, Third Edition





## Synopsis

Hundreds of thousands of readers have relied on Prescription for Natural Cures as the source for accurate, easy-to-understand information on natural treatments and remedies for a host of common ailments. The new edition of this invaluable guide has been thoroughly updated to reflect the very latest research and recommendations. This revised edition prescribes remedies for almost 200 conditions, including new entries such as gluten sensitivity and MRSA. You'll find easy-to-understand discussions of the symptoms and root causes of each health problem along with a proven, natural, customized prescription that may include supplements, herbal medicine, homeopathy, aromatherapy, Chinese medicine, hydrotherapy, bodywork, natural hormones, and other natural cures in addition to nutritional advice. This revised edition features:

- \* Comprehensive reference contains natural remedies for almost 200 common health ailments organized by problem from A to Z
- \* Scores of new supplements and many new conditions
- \* Up-to-date information reflecting the latest natural health research and treatment recommendations
- \* Clear, authoritative guidance on dietary changes, healing foods, nutritional supplements, and recommended tests
- Down-to-earth descriptions of each health problem and natural remedy

If you and your family want to get better naturally, Prescription for Natural Cures is an essential health resource you can't afford to be without.

## Book Information

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## Customer Reviews

Prescription for Natural Cures provides a valuable resource to help guide readers to safe and effective natural solutions to common health conditions. A clear path to improved health is provided

no matter the health challenge." • Michael T. Murray, N.D., co-author, *The Encyclopedia of Natural Medicine* "Prescription for Natural Cures, 3rd edition is an encyclopedic volume and a good companion for anyone who wants an extensive source on holistic treatments for almost any illness." • Deepak Chopra, MD, author of *Super Genes* "I can't imagine a better home resource for those who want to take better care of themselves and their circle of loved ones. From simple acne, to serious Alzheimer's disease, the authors of *Prescriptions for Natural Cures* offer the essential cliff notes of medical information, and more importantly, reliable advice on diet, nutritional and herbal supplements, and other natural therapies. Every consumer should have this on their book shelves---a health insurance plan and resource well worth the price of just one book." • Tori Hudson, N.D., author of *Women's Encyclopedia of Natural Medicine*

For *Prescription for Drug Alternatives*: • "This book is essential reading for anyone who wants to take charge of his or her health. Read it to live long and well." • Hyla Cass, M.D., author of *Supplement Your Prescription: What Your Doctor Doesn't Know about Nutrition* • "An outstanding resource for comparing common pharmaceutical and holistic treatments." • Ronald M. Lawrence, M.D., coauthor of *Preventing Arthritis and The Miracle of MSM* • "A must-read for every person who wants to achieve better health and avoid the dangers of synthetic medications. The authors do an exceptional job by telling you everything you need to know about getting well and how to use supplements correctly and safely." • Suzy Cohen, R.Ph., author of *The 24-Hour Pharmacist*

I have the first edition of this book and now the new third edition. It has been a resource in our home for many years. This book is so easy to use. Part One covers almost 200 conditions. This section is over 600 pages long. Some of the varied conditions covered include diabetes, eating disorders, gluten sensitivity, hearing loss, herpes, Lyme disease, Parkinson's, toenail fungus, ulcers, and warts. Conditions are arranged in alphabetical order. Condition background, symptoms, and root causes are discussed, followed by testing techniques. The condition treatment section includes diet, recommended food and food to avoid. A "Super Prescription" section lists and describes supplements to address the condition. Also covered for each condition is a section of general recommendations, homeopathy, acupuncture, bodywork (massage, reflexology, hydrotherapy), aromatherapy, stress reduction therapies, and other recommendations. References are given for each condition. Part Two covers the essentials of natural medicine. This section includes information regarding diet and nutrition, supplements, herbal medicines, traditional Chinese medicine, and more. Part Three is an appendix, glossary (really helpful), and index. This book is a very thorough

treatment of natural medicine and lifestyle. It is not a book you sit down to read, but rather a book you want at hand to help you deal with whatever condition you may be struggling with. I guarantee, though, that when you get it out to look something up, you will invariably find something else interesting that keeps you reading and learning. I give this book my highest recommendation. Just buy it. Now. You won't be sorry.

This is an excellent reference book to have on hand..invaluable for the good health for yourself and your family. Some of these natural cures were practiced by my grand parents and proved true. I have used many of the natural cures and I am quite pleased.

Prescription for Natural Cures is an extraordinary medical reference. The authors speak plainly, so none of the information is shrouded in medical terminology. In other words, anyone should be able to find specific information that is clearly and precisely explained. Part One contains an alphabetical listing of approximately 200 ailments, including some you won't find in other home medical references. For example, when was the last time you saw a home medical reference that included aging and how to combat many of the natural ailments associated with it? Each listed ailment begins with a brief, but fairly comprehensive, overview of the ailment. It then goes on to list symptoms, causes, and testing techniques. The treatment portion of the listing begins with diet, including foods which specifically should or should not be consumed. The next section is the Super Seven Prescription; the top seven natural remedies to combat the ailment. Next are sections with general recommendations, followed by other holistic approaches such as homeopathy, acupuncture, bodywork, and aroma therapy, followed by other recommendations. The final section of each listing are references relating to the listing. Part Two is The Essentials of Natural Medicine. This portion contains information on diet and nutrition, supplements, herbal medicine, homeopathy, aromatherapy, traditional Chinese medicine, hydrotherapy, natural hormones, bodywork, and exercise and stress reduction. Part Three, the Appendix, is a brief natural health care resource guide. In this portion there are references to where to find more information on some of the various natural techniques mentioned in the treatment sections of the ailment listings. Part Three is followed by a Glossary which gives brief descriptions of many of the terms used throughout Parts One and Two. The final portion of this reference is an alphabetical index which makes it easy to find specific listings.

LOVE. EASY TO USE. VERY HELPFUL INFORMATION

Very good. Avoiding Dr's is a hobby of mine. This helps.

It is a very good book for my research.

Book arrived in good condition, info I was looking for not in this book.,

I decided to purchase this book because I was going through some boxes and came across an older version of it. I had forgotten about when I moved from Arizona back to Oregon. One of those boxes that gotten lost in the garage that didn't get opened for years later. When I did come across the book, the mice had not been so kind to it. I remembered how much I had enjoyed and used the book on a regular basis all those years ago, so, I hopped on .com and did the .com thing and dada....two days later it was at my door step! My biggest surprised was that it had doubled in size since my last book, but the best thing about it is it was better than ever. I look forward to using it as a reference book for many years to come. This book answers questions to natural healing, how to use herbs, nutrition, supplements and so many other things you didn't even know you had questions about. It is very easy to understand and setup in a format that is easy to follow. Pointing out symptoms, possible causes, treatments, foods too avoid and the best herbs/supplements/food and physical treatment for your body to attain the best results. It also gives references at the end of each treatment for verification and further research. I highly recommend this book for the beginner and the specialist alike.

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