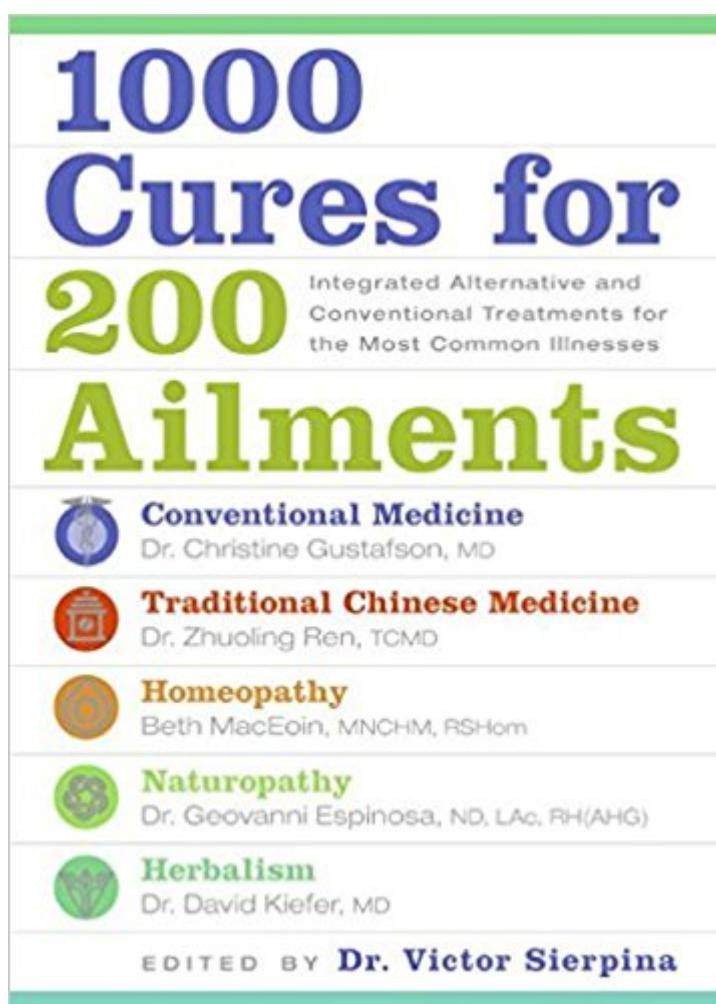


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# 1000 Cures For 200 Ailments: Integrated Alternative And Conventional Treatments For The Most Common Illnesses



## **Synopsis**

Alternative health practices have had a tradition of providing relief to people for hundreds— in some cases, thousands— of years, but doctors often suggest just one course of treatment, and you may not realize how many options are available. Here is the only all-in-one guide with professional medical advice from leading practitioners in five different fields— conventional medicine, homeopathy, traditional Chinese medicine, herbalism, and naturopathy— on everything from aches and pains, sexual dysfunction, and the common cold to mind and spirit, anxiety, and general first aid. Compare traditional medicine side by side with four alternative treatments to decide what type of therapy best suits you and your family. This essential home reference offers information in symptoms, diagnosis, and treatment goals for the two hundred most common conditions, then provides advice from the five experts in an easy-to-read comparative format, along with key tips for prevention. Whether you choose an alternative or conventional treatment for your ailment, the information here will let you take control of your health care and decide what path you want to take, so that you don't have to rely solely on the advice of your general physician or the misleading suggestions found on the Internet. This is the medical reference that no home should be without.

## **Book Information**

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## **Customer Reviews**

I love this book, I got it from the library and was so impressed I bought it! It gives many different cures for one ailment which is nice if you want to do something more natural. Well worth every

penny!

This is a convenient way to find out different approaches to different ailments of cures. Saves time of searching online for answers. And then when you read something new to you, then you can do further research. The book gives many choices, but not all are there. It is a good basic book on ailments. Good to keep on hand.

The instructions for administering some of the therapies are not as detailed as those provided by the extremely knowledgeable Dr who wrote the section for Traditional Chinese medicine. I would love to try some of the Chinese medicine treatments, and I may do so soon, as the Dr is here in Minneapolis. However, some of the other sections are not explained in enough detail to execute some of the therapies.

Got it for my mom who rented it from Library. So now she has her own.

This book is a must for anybody wanting to be in control of their own health, with 5 options on any condition you can really be informed before seeking advice from a professional. The condition of the book was wonderful as described on , it was in very good condition and needed a new owner . Postage was very quick and arrived in good condition

Simply stated, I LOVE THIS BOOK! I refer to it for everything. Having choices is the best, and this book covers so much. I can't afford and prefer to avoid Western doctors, so this book allows me to quickly view my options. Easy references, clearly stated and a great format. Don't hesitate to buy this one!

Very informative. Good to have more than 1 way to treat an ailment. Especially with the high cost of medical care and the increase side effects of drugs. I am thankful to have this book as part of my health alternative library.

Enjoyed the book, tho I found even more on the internet that was not in the book. Fast service, price reasonable thank you

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