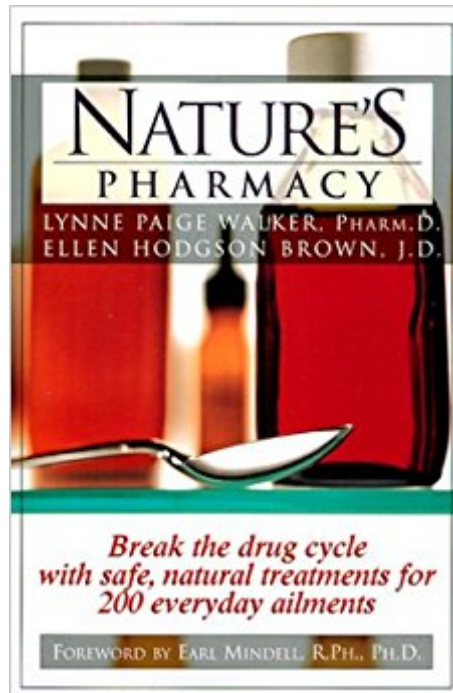




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Nature's Pharmacy



Synopsis

The definitive, A to Z guide to combating disease and enjoying optimal health--naturally]This straightforward resource compendium takes the guesswork out of finding safe and reliable natural approaches to healing. It gives readers the knowledge and confidence to battle disease and enjoy great health--drug-and-surgery free. Packed with timely facts and practical information, NATURE'S PHARMACY cuts to the heart of what works and what doesn't. Arranged alphabetically by ailment, it covers 200 common conditions, ranging from acne to Lyme Disease to whooping cough. For each disorder, readers will discover the underlying causes, warning signs, and best methods of treatment. The authors compare traditional doctor's orders with natural alternatives, including herbs, nutritional supplements, and essential oils. Throughout, they highlight the best brands and dosage ranges, as well as potential side effects and dangers. They also offer plenty of targeted tips on diet, exercise, meditation, color therapy, motivational thinking, and other health-boosters. Backed by extensive research and filled with lively patient histories and testimonials, NATURE'S PHARMACY is a proven guide to getting and staying well--naturally.

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Customer Reviews

Lynne Paige Walker is a doctor of pharmacy, a doctor of homeopathy, a master of Chinese medicine, and a licensed acupuncturist. She is also the owner of Sun Valley Herb Company

You don't need Big Pharma.

great reference

Pharmaceutical drugs and their long-term side effects are the direct or remote cause of many of our "most popular" modern diseases. A symptom tells us there is a body imbalance; pharmaceutical drugs usually attack the symptom and suppress the body's natural healing ability. Walker and Brown advocate a different approach: removing the blocks to healing and promoting the vital force within our bodies that keeps our immune system and organs functioning normally. (The simplest "natural cure" they cite is universally available, inexpensive, and so common we overlook it-- pure water.) There is an introductory discussion of homeopathics, but this is NOT a handbook on homeopathics, and you don't have to be "into" homeopathics at all to find this book helpful. The authors cite many ailments or diseases A-Z. The explanation of each ailment is followed by various headings such as: Drug Treatment (the standard prescription), Conventional Treatment, Natural Alternatives, Nutritional Supplementation, Homeopathic Remedies, Dietary Modification, Things to Avoid, Helpful Tips. What I found especially helpful was the unconventional causes (which often seemed intuitively correct to me) listed under various ailments or diseases. It made it possible to correlate separate problems as stemming from core deficiencies or assaults on my body's immune system. With this new understanding, implementing the natural alternatives suggested by the authors made sense. The format makes it easy to "check out" various diseases or symptoms and quickly locate healthful alternatives to drug therapy.

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