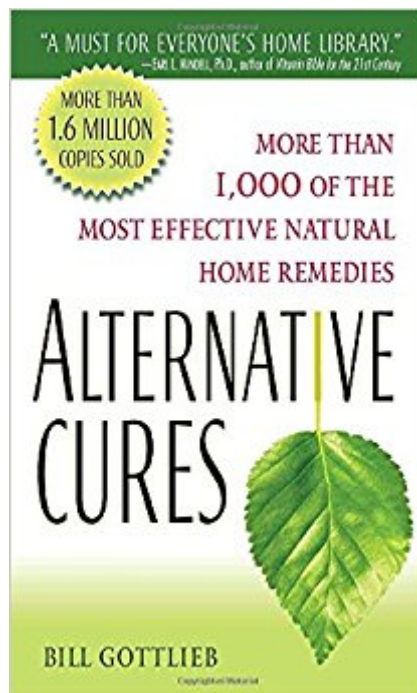




The book was found

Alternative Cures: More Than 1,000 Of The Most Effective Natural Home Remedies



Synopsis

When your health is at risk, you want to consider every option. In *Alternative Cures*, three hundred of America's top doctors and natural healers—herbalists, nutritionists, homeopaths, and naturopaths—share more than one thousand safe and effective remedies for many health concerns. Inside you'll discover:

- a nutrient that blocks the side effects of arthritis drugs
- a two-nutrient combo that can help cure chronic fatigue
- an herbal "cocktail" that stops common flu symptoms in twenty-four hours
- an amino acid that works as well as Viagra
- a group of remedies that rein in high blood pressure
- a natural hormone cream that rebuilds bones
- a home remedy that stops sugar cravings immediately

Plus, there are easy-to-follow illustrations of healing exercises and pain-relieving pressure points—along with guidance on when to seek a professional. *Alternative Cures* provides not only health advice but peace of mind. "A valuable resource of alternative and integrated medicines."

—Elson M. Haas, M.D., author of *The False Fat Diet*

Book Information

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Customer Reviews

"*Alternative Cures*" is a valuable resource of alternative and integrated medicines--a great mixture of therapies from excellent expert clinicians makes it an essential book for your health library."

--Elson M. Haas, M.D., author of seven books, including "The False Diet" and "The Staying Healthy Shopper's Guide" More than 1,000 remedies, doctor-proven to be as effective as or even better than drugs or surgery! A nutrient that blocks the side effects of arthritis drugs A quick exercise that

can cure back pain A two-nutrient combo that can help cure chronic fatigue An herbal "cocktail" that stops the flu in 24 hours A little-known supplement that prevents a hangover An amino acid that works as well as Viagra A natural hormone cream that rebuilds bone A home remedy that stops sugar cravings immediately In this unique book, 300 of America's best alternative-oriented M.D.'s, herbalists, nutritionists, naturopaths, homeopaths, and other holistic healers reveal their most effective natural remedies for 160 everyday and serious health problems. Plus, you'll find: 60 easy-to-follow illustrations for healing exercises and pain-relieving pressure points Dozens of resources for natural products and practitioners An at-a-glance guide to understanding 22 alternative healing modalities For every problem, expert advice on when to seek professional help

Bill Gottlieb is an author and freelance writer whose articles have appeared in *Alternative Medicine*, *Best Life*, *Bottom Line Health*, *Bottom Line Personal*, *Bottom Line Women's Health*, *Cooking Light Books*, *Cosmopolitan*, *Health*, *InteliHealth.com*, *Men's Health*, *Natural Healing*, *New Beauty*, *Prevention*, *Reader's Digest*, *Runner's World*, and *Self*. He is the former editor in chief of Rodale Books and *Prevention Magazine Health Books*. He lives in California. www.drugfreehealing.com

My husband and I started reading this at our daughters house and enjoyed it so much, had to get one for ourselves.. It's one of the easiest alternative cure books we've read. It's full of great advice that's easy to understand and supplements that are easy to find.. We've tried a few of the alternatives and found them to be very helpful.

I bought this book strictly based on the high feedback rating it received here at . I am so glad to say that I am absolutely not disappointed. The book is full of practical "cures" for almost every ailment your family will have. The advice is so practical that many of the needed items are in my kitchen. I particularly love the advice in the Headache chapter. The peppermint oil has helped my headaches already! Every ailment and the advice given for it, is backed by the opinions of medical doctors. Even if you don't usually care what a real MD has to say, it is nice to know that the advice given in the book has been reviewed thoroughly.

I like the book and refer to it quite a bit. It said it was a new book but, when I got it there was a piece of paper from a note pad used as a book mark (I guess) and the binding edge was all dented up. I didn't pay that much for it so it's not a big deal, but if I had paid full price I might have been a little

upset.

worked as needed.

Alternative Cures is the answer to most health related problems you will ever come across. I have owned this book for over two years and will go to it for almost anything from an ear ache to muscle cramps, infections, stomach aches, the flu, head colds, you name it and this book will have the natural cure for it. I have ordered this book for a number of family members with small children because it is safe and gets away from medications that have secondary effects on the body. This is a fantastic book with great results.

This is real information unlike the ads one gets about things. Unlike some who scoff at history and other nations who in some cases have used these items discussed for centuries without high cost or bad side effects. My doctors often want to learn what I have researched.

I like what it does in that it offers alternatives to conventional medicine. I have a previous issue of this book so was a bit disappointed when I realized that I had bought a paper back that was smaller. Being smaller means basically one has to hold the book with both hands to read it. I read a fair amount while having a meal so this book does not qualify for that type of reading.

helpful book, great info, and easy to read

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