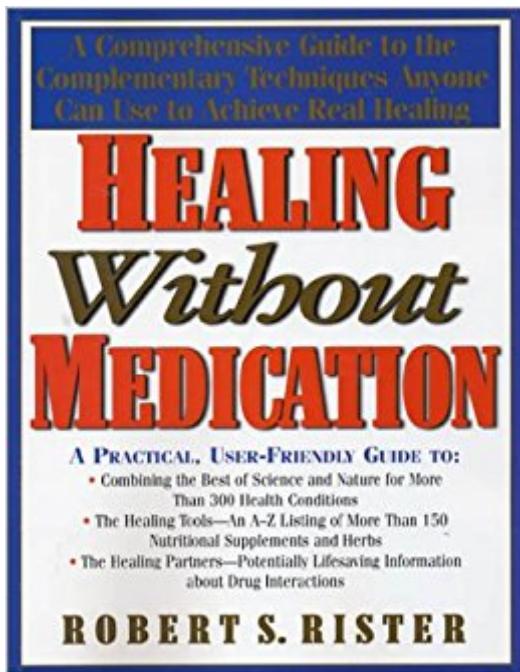


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# Healing Without Medication: A Comprehensive Guide To The Complementary Techniques Anyone Can Use To Achieve Real Healing



## Synopsis

Today's health-conscious individual is fully aware of the side effects of pharmaceutical products. Diarrhea, nausea, impotence, hair loss - it's enough to make one believe the cure is worse than the disease. Indeed, sometimes it is. This work is a comprehensive guide to combining the best of science and nature for more than 300 health conditions. It is also a guide to more than 150 nutritional supplements and to dozens of treatment methods one can control.

## Book Information

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Average Customer Review: 4.2 out of 5 starsÂ  See all reviewsÂ  (28 customer reviews)

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## Customer Reviews

This book is sensibly scientific. Some complementary health writers will tell you doctors are evil. This writer doesn't. He quotes doctors and acknowledges their help in writing this book. He says this book isn't about alternative medicine, because there is no alternative to medicine in a health emergency and nobody should try to do diagnosis for him- or herself. Nonetheless, he recommends chiropractors, herbalists, massage therapists, aroma therapists, homeopaths and other kinds of healing practitioners for specific diseases. This book discusses lots of diseases that can be cured with non-medical means. That is, they can be treated with non-medical means once a health professional, meaning a doctor, has confirmed that you are treating the right disease. Most of the thousands of recommendations in this book are products you can use and practices you can do entirely on your own. Unlike some writers who seem to know their science, this author doesn't just recommend treatments that have stacks and stacks of scientific literature to back them up. If it has been verified that a food or mineral or vitamin or herb works, and doesn't have side effects, and isn't toxic, but medical science doesn't completely understand it yet (or hasn't even tried to understand it

yet), and doesn't interfere with a medication you have chosen to take (there's a comprehensive list of interactions), this author says why not use it. Just use the product knowing this up front. He mentions healing practices that aren't in any other book but have worked in his own experience. On the other hand, the author says he wrote this book after reviewing 10,000 scientific articles. he cites thousands of them, some of them published as recently as late 2002.

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