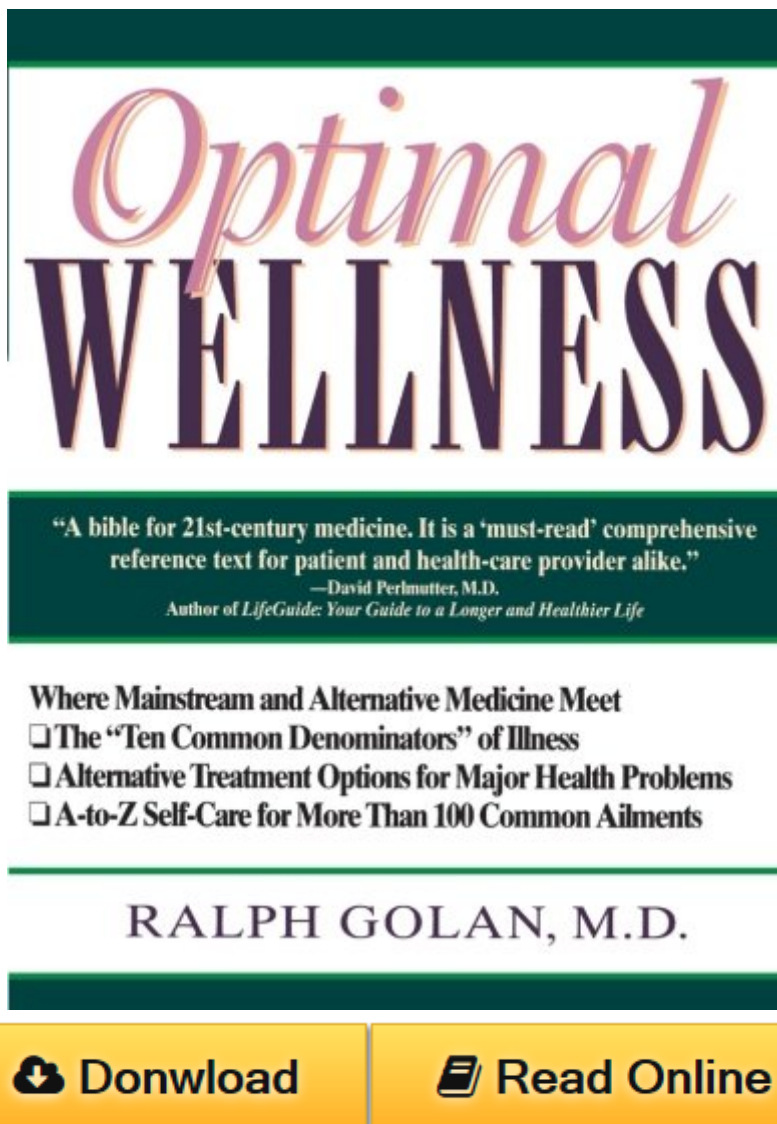


Optimal Wellness: Where Mainstream and Alternative Medicine Meet PDF



Optimal Wellness: Where Mainstream and Alternative Medicine Meet by Ralph Golan M.D. ISBN 0345358740

If you fall into the gray zone between health and disease but your physician can't find anything wrong ... if you have an illness for which modern medicine can offer no cure ... if your medical treatments are "working," but you still don't feel healthy, then **Optimal Wellness** is just what the doctor ordered.

This empowering self-care guide challenges the "crisis/disease" orientation of modern medicine -- prescription drugs, expensive surgery, and high-tech intervention -- and points the way to a more comprehensive system of health care that heals the whole person.

Learn to identify and understand the "Ten Common Denominators" of illness that most frequently threaten optimal health. Take the Master Symptom Survey, which reveals the hidden conditions that are eroding your good health. Find a practical framework for identifying dietary hazards and creating your own optimal diet. Learn about recommended dosages for vitamins, minerals, and herbal remedies --"New age and age-old" approaches to wellness, such as fasting, herbal medicine, and energy medicine. Read the guidelines for choosing and working more effectively with your doctor and other health professionals. And much, much more.

Optimal Wellness: Where Mainstream and Alternative Medicine Meet Review

This Optimal Wellness: Where Mainstream and Alternative Medicine Meet book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of Optimal Wellness: Where Mainstream and Alternative Medicine Meet without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry Optimal Wellness: Where Mainstream and Alternative Medicine Meet can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This Optimal Wellness: Where Mainstream and Alternative Medicine Meet having great arrangement in word and layout, so you will not really feel uninterested in reading.