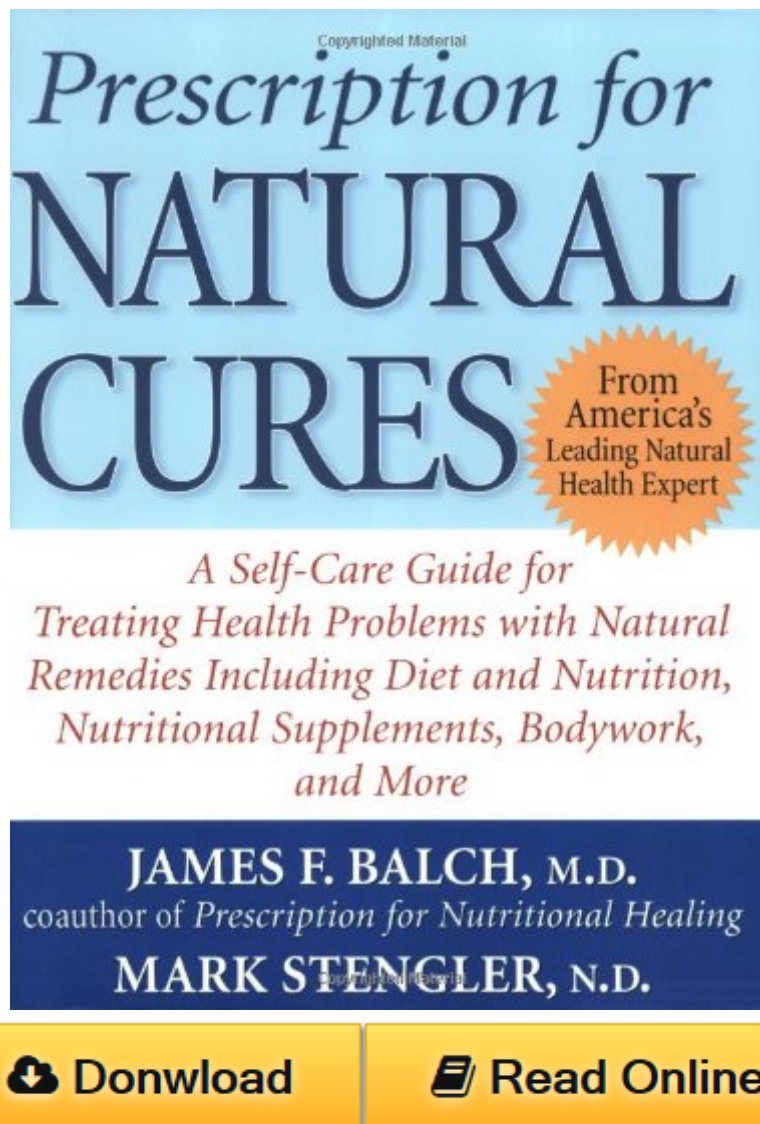


Prescription for Natural Cures PDF



Prescription for Natural Cures by James Balch, Mark Stengler ISBN 0471490881
The all-in-one natural health resource your family can trust

Dr. James Balch coauthored Prescription for Nutritional Healing, which became the first major popular guide to the healing power of foods and nutritional supplements, selling more than 8 million copies in all its editions. Now, Dr. Balch and Dr. Mark Stengler present a new natural health resource that you can't afford to be without--a comprehensive reference of natural remedies for common ailments, including:

- * acne
- * allergies
- * arthritis
- * asthma
- * back pain

- * cancer
- * depression
- * fibromyalgia
- * heart disease
- * hypothyroidism
- * influenza
- * irritable bowel syndrome
- * menopause
- * osteoporosis
- * stroke
- * Syndrome X
- * varicose veins, and more--almost 200 health problems and conditions in all.

Prescription for Natural Cures provides a complete natural Rx for each condition, giving you a proven, natural, customized prescription that may include supplements, herbal medicine, homeopathy, aromatherapy, Chinese medicine, hydrotherapy, bodywork, natural hormones, and other natural cures in addition to nutritional advice. Organized by problem from A to Z, this invaluable guide features:

- * The unique Super Seven Prescriptions for each condition, which provide specific and practical remedies to help heal your problem. You have never seen natural health advice as helpful, targeted, and accessible as this
- * Clear, authoritative guidance on dietary changes, healing foods, nutritional supplements, and recommended tests
- * Easy-to-understand discussions of the symptoms and root causes of each health problem
- * Down-to-earth descriptions of each natural remedy
- * A resource guide to holistic practitioners

This breakthrough book is indispensable if you want to get better--naturally

Prescription for Natural Cures Review

This Prescription for Natural Cures 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 Prescription for Natural Cures without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry Prescription for Natural Cures 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 Prescription for Natural Cures having great arrangement in word and layout, so you will not really feel uninterested in reading.