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What's the Alternative?

By Malcolm Clark, Terry Robson

Melbourne University Press. Paperback. Book Condition: new. BRAND NEW, What's the Alternative?, Malcolm Clark, Terry Robson, Have you ever visited a doctor and thought there might be an alternative treatment for your ailment? Or spoken to a naturopath and wondered if a doctor also had an answer? What's the Alternative? delivers sound advice on common complaints from both perspectives: orthodox and complementary medicine. This blend of therapies is the new approach to the practice of medicine. While orthodox medicine provides targeted, effective treatment for many health problems, more and more people are realising that medical treatment should be a holistic process incorporating lifestyle, diet and complementary therapies. Expanding on the popular Sunday Age column of the same name, experienced health professionals General Practitioner Dr Malcolm Clark and Naturopath Terry Robson outline their approaches to more than 80 ailments, including: backache, eczema, high cholesterol, indigestion, period pain, stress and children's ailments. Their easy-to-use guide provides a useful, integrated and balanced perspective to help you make informed decisions about your health care.

Reviews

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