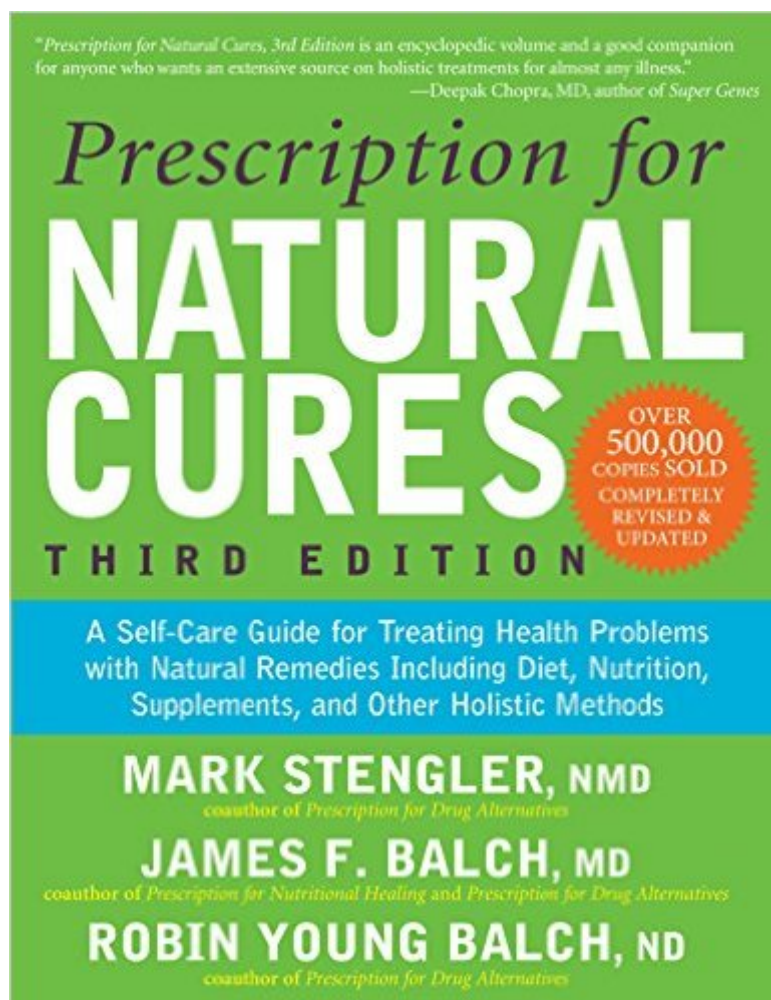


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# Prescription For Natural Cures: A Self-Care Guide For Treating Health Problems With Natural Remedies Including Diet, Nutrition, Supplements, And Other Holistic Methods, Third Edition





## Synopsis

Hundreds of thousands of readers have relied on Prescription for Natural Cures as the source for accurate, easy-to-understand information on natural treatments and remedies for a host of common ailments. The new edition of this invaluable guide has been thoroughly updated to reflect the very latest research and recommendations. This revised edition prescribes remedies for almost 200 conditions, including new entries such as gluten sensitivity and MRSA. You'll find easy-to-understand discussions of the symptoms and root causes of each health problem along with 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. This revised edition features:

- \* Comprehensive reference contains natural remedies for almost 200 common health ailments organized by problem from A to Z
- \* Scores of new supplements and many new conditions
- \* Up-to-date information reflecting the latest natural health research and treatment recommendations
- \* Clear, authoritative guidance on dietary changes, healing foods, nutritional supplements, and recommended tests

Down-to-earth descriptions of each health problem and natural remedy If you and your family want to get better naturally, Prescription for Natural Cures is an essential health resource you can't afford to be without.

## Book Information

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## Customer Reviews

I have the first edition of this book and now the new third edition. It has been a resource in our home for many years. This book is so easy to use. Part One covers almost 200 conditions. This section is

over 600 pages long. Some of the varied conditions covered include diabetes, eating disorders, gluten sensitivity, hearing loss, herpes, Lyme disease, Parkinson's, toenail fungus, ulcers, and warts. Conditions are arranged in alphabetical order. Condition background, symptoms, and root causes are discussed, followed by testing techniques. The condition treatment section includes diet, recommended food and food to avoid. A "Super Prescription" section lists and describes supplements to address the condition. Also covered for each condition is a section of general recommendations, homeopathy, acupressure, bodywork (massage, reflexology, hydrotherapy), aromatherapy, stress reduction therapies, and other recommendations. References are given for each condition. Part Two covers the essentials of natural medicine. This section includes information regarding diet and nutrition, supplements, herbal medicines, traditional Chinese medicine, and more. Part Three is an appendix, glossary (really helpful), and index. This book is a very thorough treatment of natural medicine and lifestyle. It is not a book you sit down to read, but rather a book you want at hand to help you deal with whatever condition you may be struggling with. I guarantee, though, that when you get it out to look something up, you will invariably find something else interesting that keeps you reading and learning. I give this book my highest recommendation. Just buy it. Now. You won't be sorry.

Prescription for Natural Cures is an extraordinary medical reference. The authors speak plainly, so none of the information is shrouded in medical terminology. In other words, anyone should be able to find specific information that is clearly and precisely explained. Part One contains an alphabetical listing of approximately 200 ailments, including some you won't find in other home medical references. For example, when was the last time you saw a home medical reference that included aging and how to combat many of the natural ailments associated with it? Each listed ailment begins with a brief, but fairly comprehensive, overview of the ailment. It then goes on to list symptoms, causes, and testing techniques. The treatment portion of the listing begins with diet, including foods which specifically should or should not be consumed. The next section is the Super Seven Prescription; the top seven natural remedies to combat the ailment. Next are sections with general recommendations, followed by other holistic approaches such as homeopathy, acupressure, bodywork, and aroma therapy, followed by other recommendations. The final section of each listing are references relating to the listing. Part Two is The Essentials of Natural Medicine. This portion contains information on diet and nutrition, supplements, herbal medicine, homeopathy, aromatherapy, traditional Chinese medicine, hydrotherapy, natural hormones, bodywork, and exercise and stress reduction. Part Three, the Appendix, is a brief natural health care resource

guide. In this portion there are references to where to find more information on some of the various natural techniques mentioned in the treatment sections of the ailment listings. Part Three is followed by a Glossary which gives brief descriptions of many of the terms used throughout Parts One and Two. The final portion of this reference is an alphabetical index which makes it easy to find specific listings.

This is an excellent reference book to have on hand..invaluable for the good health for yourself and your family. Some of these natural cures were practiced by my grand parents and proved true. I have used many of the natural cures and I am quite pleased.

Love it! and love Dr. Stengler who co-authored it. He has been my doctor for about 3 yrs but have known him for about 10 yrs. He is working with me on my Lyme Disease and has been a great help. The book has many of his natural cures that are simple and very helpful. It's like having a dictionary for health challenges. Dr. Stengler is in Encinitas, Ca so if you live close by and ever need a doctor who will listen to you and spend the time necessary to figure out tough health questions. I give him a 10 plus and the book too!

Very informative, really good book, I'd recommend it. I like the prescription for nutritional healing better, it has more stuff in it, but I bought this because it had such great reviews. I would recommend this and I'd buy it again if I did not have it. The prescription for nutritional healing has just about everything I've ever tried to look up, this book does not. This book seems to have more info on what it does have.

I'm on my 3rd prescription for natural healing. I thought this book would be updated and better than the older Balch book. This doesn't have the newer supplements there are 835 pages that are half printed on so you get less information than prescription for natural healing. I don't like anything about this book and would return it if it wouldn't cost me to do so. Don't waste you \$ don't this book its probably the worst nutrition book I've bought and I have bought lots of them. I can't believe this doesn't have some of the newer supplement information. Its just a poor remake of Phyllis Balchs book.

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