

The Best Alternative Medicine

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Abstrak

The Best Alternative Medicine is the only book available today that both evaluates the major areas of alternative medicine and addresses how they can be used to treat specific conditions. Dr. Kenneth R. Pelletier explains such popular therapies as mind/body medicine, herbal and homeopathic remedies, spiritual healing, and traditional Chinese systems, discussing their effectiveness, the ailments each is most appropriate for, and how they can help prevent illness. In the second part of the book, which is organized alphabetically, he draws on the latest National Institute of Health (NIH)-sponsored research to present clear recommendations for the prevention and treatment of health concerns ranging from acne to menopause to ulcers. Combining valuable guidance about alternative treatments with definitive health advice, The Best Alternative Medicine will be the standard reference for the increasing number of people integrating alternative medicine into their personal and organizational health-care programs.