

## Dr Mark Stenglers Natural Healing Library

**A practical, integrative guide to men’s prostate health, including holistic therapies for prostate cancer, BPH, prostatitis, and bladder function. For all its many important functions, the prostate gland can become a health curse to many men, young and old. Common prostate conditions include: benign prostatic hyperplasia (BPH), prostate cancer, prostatitis, testosterone deficiency, and erectile dysfunction. While conventional therapies exist for all these conditions, scientific studies have demonstrated that a comprehensive, integrative, or holistic approach to healing can dramatically reduce risk and/or decrease negative side effects and symptoms. Mark Stengler, N.M.D., draws upon his over 25 years of expertise in naturopathic medicine and holistic hormone therapies to provide a comprehensive approach to optimal prostate health, including a focus on bladder function, hormone balance, and a thorough exploration of prostate cancer diagnosis, treatment options, and holistic support. By thoroughly addressing these key aspects of the genitourinary system, you will be able to discover optimal prostate health and functionality.**

**This text contains straightforward information for those who need to know the basics about natural healing. Some of the topics include: principles of naturopathic medicine; an A-Z guide to treatment options; homeopathic materia medica; herbal medicine guide; and healthy diet guidelines.**

**NATIONAL BESTSELLER • Discover the life-changing benefit of essential oils and aromatherapy in this soup-to-nuts guide from the host of the Essential Oil Revolution summits “A powerful new approach that can help you safely reverse the effects of modern scourges, including depression, chronic stress, and mood disorders.”—Alan Christianson, N.M.D., New York Times bestselling author of The Adrenal Reset Diet**
**Aromatic plants and their extracted oils have been used medicinally and in religious traditions for thousands of years; they represent nature in its most concentrated form. Through modern distillation processes, essential oils offer natural treatments for a host of health conditions, from anxiety and depression to hormonal imbalance, digestive distress, candida, sleep disorders, and even autoimmune disease. The Healing Power of Essential Oils includes DIY recipes and formulations for all of these health needs and more—all backed by extensive scientific research and the trusted guidance of public health researcher and aromatherapist Eric Zielinski, D.C. Some of the unique recipes you will master • Morning Prayer or Meditation Body Oil • Sweet Slumber Diffuser Blend • Citrus-Powered Pain Relief Roll-On • Deet-Free Bug Spray • Essential Oil-Powered Mouthwash • Anti-aging Body Butter • Lemon Fresh Laundry Detergent • Hot Spot Spray for Pets • Perineum Healing Soap • Menopause Relief Ointment From lavender, peppermint, and frankincense to tea tree and ylang ylang, essential oils are God’s gift to those seeking to take control of their physical and mental health. Whether you’re new to essential oils or you’re ready for advanced techniques, Dr. Z’s thorough, evidence-based approach equips you with the knowledge to build daily rituals that fit your unique needs—and lead to amazing results!**

**Elison teaches readers how to easily and inexpensively boost their body’s nutrients and fill dangerous nutrition gaps by using key supplements readily available at their local pharmacy or superstore.**

### Natural Eye Care

### Cancer

### The 150 Healthiest Foods on Earth, Revised Edition

### The Green Pharmacy Guide to Healing Foods

### All Natural Options for Better Health without the Side Effects

### Chris Beat Cancer

### The Best Holistic Methods to Treat the Prostate and Other Common Male-Related Conditions

Gathers the techniques of three hundred natural healers to offer insights into alternative treatments for almost one hundred and fifty common health complaints, from acne to wrinkles.

Dr. Epstein provides a new vision of how the mind can heal the body through the use of "imaginal medicine". His techniques for tapping into the mind's latent energy enable readers to take charge of their health and lives with surprisingly fast, positive results. 20 illustrations.

Cult Shock is an apologetic resource that teaches Christians how to defend their faith and evangelize Jehovahs Witnesses and Mormons. It explains the beliefs of these groups and how Biblical Christianity refutes their worldview. Readers will gain confidence witnessing to these groups based on the Stenglers

recommended engagement techniques from their years of experience. In no time short, Christians will go from a place of fear to fearless as they proclaim the real Jesus!

Now in paperback: A thorough, cutting-edge, alternative therapy-focused exploration of Integrative Oncology care. With approximately 40 percent of men and women in the United States being diagnosed with cancer at some point in their lifetime, very few of us escape having cancer touch our lives in some way--whether it is our own life or that of a loved one. Scientific research continues to prove the benefits of nutritional and holistic therapies, yet, for the most part, these approaches to treatment still remain unexplored by the conventional medical establishment. With integrative and holistic healing being sought after and supported by more and more of the general public and medical community for various elements of everyday life, it only makes logical sense to explore these therapies with regard to one of the most prevalent causes of death of our time. In Outside the Box Cancer Therapies, naturopathic medical doctors Mark Stengler and Paul Anderson combine their expertise to focus on the most critical components of integrative oncology care. Supported by extensive research and decades of clinical experience, Dr. Stengler and Dr. Anderson thoroughly explain: • the different types of cancer and their causes • how proper nutrition can help to prevent and treat cancer • the most well-studied supplements to use with cancer treatment • cutting-edge naturopathic therapies, and • natural solutions to common problems, such as the side effects of chemotherapy and radiation With a clear and focused approach, Dr. Stengler and Dr. Anderson provide a definitive and comprehensive resource for anyone seeking to heal from cancer or a professional looking for the most cutting, up-to-date integrative approaches to treatment.

### The Green Pharmacy

### Nature's Virus Killers

### Alternative Therapies That Treat and Prevent Cancer

### How Healing Works

### Dr. Mark Stengler's Natural Healing Library

### Your Vital Child

### Joey Green's Magic Health Remedies

Offers alternative menopause treatments to hormone replacement therapy, profiling three different ways in which menopause transpires while explaining how women can naturally treat symptoms based on their emotional and physical experiences, heredity, diet, and lifestyles. Reprint. 10,000 first printing.

Maitake mushrooms have long been prized in Japan for their medicinal properties. For maintaining immunity and healing a variety of acute conditions, maitake mushrooms are highly versatile and highly effective. Even more powerful healing is the maitake-based superimmune product, formulated and patented by Dr. Hiroaki Nanba of Japan's Kobe Pharmaceutical University. MaitakeGold 404. MaitakeGold 404 fights cancer by protecting healthy cells from becoming cancerous, helping prevent metastasis of cancer from one site of the body to another, slowing or stopping growth of tumors, ameliorating side effects of chemotherapy, while boosting its positive effects.

This book arms you and your family with weapons to defeat health-stealing viruses such as cold, flu, hepatitis, Epstein-Barr, herpes, and a platoon of others.

In The Truth about Vitamin E: The Secret to Thriving with Annatto Tocotrienols, distinguished scientist and researcher Dr. Barrie Tan dives into his discovery of a new, natural form of vitamin E, annatto tocotrienol, and its amazing health benefits. For anyone who is currently suffering from a chronic condition, this book is a must-read! By the end of The Truth about Vitamin E: The Secret to Thriving with Annatto Tocotrienols, you will understand how this powerful antioxidant can lower cholesterol, reduce inflammation, protect your liver, promote bone health, increase survival rates in cancer patients, and even kill cancer cells. It's time to start living the healthy life you were meant to live!

### The Pocket Guide to 125 Medicinal Plants and Their Uses

### Healing with Pressure Point Therapy

### Creating Health Through Imagery

### Herbs and Home Remedies to Heal Your Teeth and Naturally Restore Tooth Enamel

### The Healing Power of Essential Oils

### Alternative Cures

### User's Guide Polycosanol/Lower Cholesterol

The author of the bible on herbalism returns with a portable guide for the professional and amateur herbalist alike Based on the now-classic reference text Indian Herbalogy of North America, this illustrated pocket guide is the perfect companion for those eager to expand their knowledge of herbal healing. Through detailed descriptions and illustrations, Alma R. Hutcheon offers the most useful medicinal herbs found in North America, and their uses . How to create herbal remedies for common ailments . The herbal traditions of North America and other lands Entries include staples of folk medicine such as echinacea and slippery elm as well as common kitchen herbs—from parsley to thyme to pepper—whose tonic and healing properties are often overlooked.

A big part of Dr. Joe's job as director of McGill University's Office of Science and Society is persuading people that the pursuit of science knowledge is a potential source of wonder, enlightenment and well-being for everyone. And as a chemist, he's particularly keen to rescue chemistry from the bad rep it's developed over recent decades. There is more to chemistry than that soda-it's full of chemicals." The evangelic zeal Dr. Joe brings to his day job is of course also the driving force behind his work as an author. Once again, here he is to tell that everything is full of chemicals, and that chemistry means health, nutrition, beauty products, cleaning products, DNA, and the means by which Lady Gaga's meat dress was held together. The bestselling Brain Fuel, each section here is themed and contains a mixture of short, pithy items and slightly longer mini-essays. And as before—but never with such energy and relish—Dr. Joe goes on the attack against charlatans in the alternative health trade, naming and shaming them in a particularly entertaining and edifying section of the book called "Claptrap." Broccoli on a pizza before or after baking, whether beauty pills are worth taking, and whether the baby shampoo you're using is poisonous. You will discover but not use, please, the recipe for a Molotov cocktail. You will be enabled to enthrall fellow dinner guests with the derivation of the name Persil, and the definition of a kangarian (it's someone who only eats kangaroo for entertainment is delivered in Dr. Joe's unmistakably warm, lively and authoritative voice.

Four of the most popular and celebrated books by New York Times bestselling author Deepak Chopra are now available together in this collection. Buddha is an inspiring re-imagining of the life of a prince who gave up the trappings of royalty for something much more important—wisdom and enlightenment. This revolutionary journey has changed the world forever, and continues to influence every corner of the globe today. This is a new form of teaching for beloved Chopra and with it he brings us closer to understanding the true nature of life and ourselves. Jesus captures the extraordinary life of Christ in this surprising, soul-stirring, and page-turning novel. Uncovering the transformational "lost years" that are not recounted in the Bible, the bestselling Jesus' path to enlightenment moving from obscurity to revolutionary, from doubt to miracles, and then beyond as the role of the long-awaited Messiah. As a teenager, Jesus has premonitions of his destiny, and by the end, as he arrives to be baptized in the River Jordan, he has accepted his fate, which combines extremes of light and darkness. Born into a Arabia, Muhammad's life is a gripping and inspiring story of one man's tireless fight for unity and peace. In a world where greed and injustice ruled, Muhammad created change by affecting hearts and minds. Just as the story of Jesus embodies the message of Christianity, Muhammad's life reveals the core of Islam. In the groundbreaking and imaginative God, the evolution of the universe is told through a unique blend of storytelling and teaching. By capturing the lives of ten historical prophets, saints, mystics, and martyrs who are touched by a divine power, Chopra brings to life the defining moments of our most influential sages, ultimately revealing universal lessons about the true nature of God.

A thorough guide to natural healing for children explores the positive influence of proper nutrition, exercise, and a nurturing environment on a child's health and presents dozens of preventive and treatment options for more than three hundred common childhood conditions. Original. 20,000 first printing.

### The Natural Prostate Cure

### The Journey from Diagnosis to Empowerment

### Over-the-counter Natural Cures

### Harness Nature's Power to Heal Common Ailments, Boost Your Vitalityand Achieve Optimum Wellness

### Your Menopause, Your Menotype

### Natural Remedies Encyclopedia

### Deepak Chopra Collection

Drawing on 40 years of research and patient care, Dr. Wayne Jonas explains how 80 percent of healing occurs organically and how to activate the healing process. In How Healing Works, Dr. Wayne Jonas lays out a revolutionary new way to approach injury, illness, and wellness. Dr. Jonas explains the biology of healing and the science behind it can be attributed to the mind-body connection and other naturally occurring processes. Jonas details how the healing process works and what we can do to facilitate our own innate ability to heal. Dr. Jonas's advice will change how we consume health care, enabling us to be more in control of our recovery and lasting wellness. Simple line drawings illustrate the concepts.

It's time to debunk all the myths about foods we want to eat. The 150 Healthiest Foods on Earth, Revised Edition delivers facts on foods: no spin, no agenda. In this newly updated nutrition reference guide, acclaimed nutritionist and bestselling author Jonny Bowden debunks traditional food myths, saves the reputations of foods long suffering, and shows you how to eat better.

The facts—so you can make good, health-conscious decisions about which foods you and your family should eat. You'll learn the latest research on many of your favorite foods, as well as some surprising new findings on the health benefits of foods you may have been avoiding unnecessarily. Did you know that, according to the latest research, you can eat a little bit of anything you want, as long as you eat it in moderation? Full-fat dairy may protect against diabetes? There is no need to avoid meat if it is 100 percent grass fed? There is a major difference between farmed salmon and wild salmon? No food provides everything. But real food—whole food with minimal processing—contains a virtual pharmacy of nutrients, phytochemicals, enzymes, vitamins, minerals, and healthy fats, all of which keep you alive and thriving. Learn how easy it is to find "real" food and discover what more than a dozen well-known nutrition experts say are their "top ten" healthiest foods on earth.

Home remedies remain an appealing alternative to costly doctor visits—they're effective, inexpensive, and ideal for everyday illnesses and injuries that don't require hands-on medical care. When brand-name product guru Joey Green tackles a subject like home remedies, readers can be found reaching into their closets, cupboards, and pantries for simple, natural solutions. From relieving a migraine with Dole® Pineapple Chunks, treating stinky feet with Clearasil®, and soothing an insect bite with Colgate® Toothpaste, Joey Green's Magic Health Remedies is packed with reliable, user-friendly cures for everything from acne and calluses to morning sickness and toothaches—121 conditions in all. special, never-before-revealed qualities not found on the label and, with a little ingenuity, can be used to treat minor health issues and conditions. There's compelling evidence for experimenting with off-label uses—like when hay fever strikes, a little McCormick® Ground Turmeric in a glass of water brings relief in 15 minutes; the bioflavonoid quercetin suppresses histamine production. Who knew? Well, Joey knows and now he's bringing fast relief (and lots of fun) to health care at home!

From a top world authority, the ultimate guide to using herbs to cure and prevent disease.

### The Right Chemistry

### Your Guide to Healthy Vision and Healing

### Get Well and Stay Well Using Your Hidden Power to Heal

### 1,363 Quick-and-Easy Cures Using Brand-Name Products

### More Than 1,000 of the Most Effective Natural Home Remedies

### Take Charge of Your Health in 30 Days with 10 Lifesaving Supplements for Under \$10

More Than 1,000 Natural Ways to Relieve the Symptoms of Common Ailments, from Arthritis and Allergies to Diabetes, Osteoporosis, and Many Others!

**This book has the largest collection of drugless, natural, home remedies available anywhere. It provides you with information on more than twice as many diseases (over 730) and far more natural remedies (over 11,000) than any other book. It is urgently needed in your home and will help you for many years to come.**

**Do you use nutrition, herbs and natural remedies to heal your body? Have you ever wondered why you couldn't heal your teeth the same way? You can. There is nothing mysterious or mystical about naturally strengthening teeth and restoring tooth enamel. Yet, despite the renaissance of information about other aspects of natural healing, natural dental care is a subject that has not been much discussed. This is partly because to talk about natural dental enamel growth or healing of cavities is heresy against the official dental establishment. And, it is partly because when people believe there is no solution to a problem, they don't bother to look for one. "All Natural Dental Remedies: Herbs and Home Remedies to Heal Your Teeth & Naturally Restore Tooth Enamel" gives you practical information about nutrition and specific herbal and mineral therapies, most of them from folk medicine, to heal the teeth and gums. These are common, inexpensive things anyone can get their hands on and try. The purpose of this little book is not to make an argument for alternative dentistry or against conventional dentistry; nor is it to persuade anyone that one way of doing things is superior to another. It simply presents practical information about the health and healing of the teeth and gums through nutrition, herbs, minerals and other alternative remedies.**

**revised and updated edition on how to treat prostate problems safely, effectively and naturally**

**Teaching easy-to-learn self-treatment methods, the renowned author of the bestselling TRANSCENDENTAL MEDITATION, Jack Forem, shows how anyone can relieve his or her own stress, tension, aches, and pains while increasing vitality and well-being with a variety of pressure point therapies. Includes more than 50 clear illustrations.**

### Naturopathic Oncology

### Secrets of Self-Healing

### Cult Shock

### The Secret to Thriving with Annatto Tocotrienols

### Simple, Effective Techniques for Massaging Away More Than 100 Common Ailments

### Outside the Box Cancer Therapies

### Dr. Mark Stengler's Natural Healing Encyclopedia

**Classic home remedies cover the gamut, from ginger to improve memory to raisins soaked in gin as arthritis relief, in an entertaining and informative guide to natural healing that contains more than one thousand effective ways to relieve common ailments. By the author of the best-selling Chicken Soup & Other Folk Remedies. Original. 50,000 first printing.**

**Backed by centuries of use by Asian herbalists and doctors and now by solid scientific research, the supplemental use of medicinal mushrooms has gained tremendous popularity. Among their many benefits, medicinal mushrooms have been shown to restore the competency of the immune system and to improve the outcome for people with a variety of serious illnesses, including cancer, hepatitis, and other conditions where effective nontoxic treatment options are limited. This book describes the most common supplemental medicinal mushrooms—including maitake, reishi, shiitake, and cordyceps—and their best clinical uses. Choosing products that match the potency of the supplements used in the supporting research requires a basic understanding of quality and potency and how the descriptions on the labels relate to the strength of a product. Therefore, this book also provides the basic knowledge needed to make the best choices to achieve the desired and highest therapeutic results. Book jacket.**

Upon its publication more than a decade ago, Dr. James Duke's The Green Pharmacy quickly set the standard for consumer herb references. A favorite of laypeople and professionals alike, the book sold more than a million copies and solidified the author's reputation as one of the world's foremost authorities on medicinal plants. In The Green Pharmacy Guide to Healing Foods, Dr. Duke turns to the broader and even more popular subject of food as medicine, drawing on more than thirty years of research to identify the most powerful healing foods on earth. Whether he is revealing how to beat high cholesterol with blueberries, combat hot flashes with black beans, bash blood sugar spikes with almonds, or help relieve agonizing back pain with pineapple, Dr. Duke's food remedies help treat and prevent the whole gamut of health concerns, from minor (such as sunburn and the common cold) to more serious (like arthritis and diabetes). Dr. Duke has assigned a rating to each remedy, according to his evaluation of the available scientific studies and anecdotal reports. Many of the healing foods recommended here are proving so effective that they may outperform popular pharmaceuticals—minus the risk (and cost).

AARP Digital Editions offer you practical tips, proven solutions, and expert guidance. James Balch and Mark Stengler, coauthors of the hugely successful Prescription for Natural Cures, and Robin Young Balch have teamed up to create the most comprehensive and up-to-date book available on natural alternatives to prescription medications. The book provides natural, safe, and effective ways to treat a wide range of common ailments, including ADHD, allergies, diabetes, depression, erectile dysfunction, eczema, heart disease, headaches, and PMS. You'll read in-depth information, not found in any other popular book, about the pros and cons of prescription and over-the-counter drugs compared with natural treatment alternatives ranging from diet and lifestyle changes to supplements and herbal medicines. "This book is essential reading for anyone who wants to take charge of his or her health. Read it to live long and well." —Hyla Cass, M.D., author of Supplement Your Prescription: What Your Doctor Doesn't Know about Nutrition "An outstanding resource for comparing common pharmaceutical and holistic treatments." —Ronald M. Lawrence, M.D., coauthor of Preventing Arthritis and The Miracle of MSM "A must-read for every person who wants to achieve better health and avoid the dangers of synthetic medications. The authors do an exceptional job by

telling you everything you need to know about getting well and how to use supplements correctly and safely." —Suzy Cohen, R.Ph., author of The 24-Hour Pharmacist

### Soothe Inflammation, Boost Mood, Prevent Autoimmunity, and Feel Great in Every Way

### A Practical Guide to Using Diet and Supplements for a Healthy Prostate

### Health Benefits of Medicinal Mushrooms

### New Discoveries in Herbal Remedies for Common Diseases and Conditions from the World's Foremost Authority on Healing Herbs

### Maitakegold 404

### 108 Enlightening, Nutritious, Health-Conscious and Occasionally Bizarre Inquiries into the Science of Daily Life

### A Natural Healing Guide for Caring Parents

Updated for 2012, this book, Dr. Neil McKinney's fourth on naturopathic oncology, is updated with the rewards of clinical practice, study, research and reader feedback over the last several years. Patients and integrative physicians will find it easier to navigate, more complete, and of real service. DO: use this book to be informed about your best options, and what to expect them to accomplish. THEN: get expert guidance from a licensed, accountable, health professional team experienced in treating cancer. Cancer is a life-threatening disease in most cases. You do not have the objectivity, experience or knowledge to make critical medical decisions alone. This is not just a legal disclaimer! Cancer is unforgiving of delays and poor choices.

Devastating. There's no other word to describe the feeling when you or someone you love is diagnosed with cancer. On any given day, you might rotate between feelings of disbelief, anger, and grief. You may even feel like you've lost control over your own life. While your diagnosis might raise any number of negative feelings, here's the good news: you don't have to feel lost or confused. In Cancer: The Journey from Diagnosis to Empowerment, Dr. Paul Anderson clearly outlines what you can expect throughout your cancer journey. More importantly, he demonstrates how to cultivate a mental outlook that will help you reach your best outcome. When it comes to healing, mind does matter. Drawing on decades of experience, Dr. Anderson offers practical advice to demystify the healing process, empower patients, and teach loved ones how to provide effective support. Devastation is natural, but remember, your diagnosis isn't the end. It's a beginning. Natural ways to preserve and maintain healthy vision, covering over 40 eye conditions, over 2,000 peer review research citations, self help recommendations such as diet, eye exercise, home remedies, other modalities including acupuncture, essential oils, craniosacral and more.

Read Moshing Ni's posts on the Penguin Blog. A guide to natural healing that combines the wisdom of Eastern tradition with Western medicine and nutritional science. Secrets of Self-Healing ranges from treating common ailments with healing foods and herbs to the all-round balancing of mind and body that is essential for vitality, wellness, and longevity. In Part One, Dr. Mao explains that diet, exercise, self-awareness, a positive emotional life, living in harmony with the environment, and spiritual growth are crucial for vibrant, lasting health. He shows, for example, how simple self-assessments can help prevent disease, how negative emotions can make us ill, how clutter in our homes can create imbalances in our bodies, and how Eastern and Western medicine can work together to fight cancer. Then, in Part Two, he reveals his favorite natural remedies for more than sixty-five common ailments, such as sore throat, dandruff, headaches, high blood pressure, sunburn, insect bites, indigestion, and jet lag. Inspirational and practical, Secrets of Self-Healing will put readers on the path to a balanced and healthy life.

### Healing Remedies

### Prescription for Natural Cures: A Self-Care Guide for Treating Health Problems with Natural Remedies Including Diet, Nutrition, Supplements, and Other

### Healing the Prostate

### All Natural Dental Remedies

### Healing Visualizations

### AARP Prescription for Drug Alternatives

### A Comprehensive Plan for Healing Naturally

Now in paperback, the Wall Street Journal best-selling guide to charting a path from cancer to wellness through a toxin-free diet, lifestyle, and therapy--created by a colon cancer survivor. Millions of readers have followed Chris Wark's journey on his blog and podcast Chris Beat Cancer, and in his debut work, he dives deep into the reasoning and scientific foundation behind the approach and strategies that he used to successfully heal his body from stage-3 colon cancer. Drawing from the most up-to-date and rigorous research, as well as his deep faith, Wark provides clear guidance and continuous encouragement for his healing strategies, including his Beat Cancer Mindset; radical diet, and lifestyle changes; and means for mental, emotional, and spiritual healing. Packed with both intense personal insight and extensive healing solutions, the Wall Street Journal best-selling Chris Beat Cancer will inspire and guide you on your own journey toward wellness.

"Widely used and referenced books on natural medicine. Dr. Stengler did a truly superb job in consolidating the information in an understandable and practical way. Book is a reliable resource for herbal/nutritional/homeopathic information." -- Amazon.com.

An updated and revised edition from "a leader in the new wave of true healers". From fast-acting natural cures for arthritis, viruses, and hardened arteries, to fatigue, burns and injuries and more, this revised edition of one of the most trusted books on natural remedies includes more than 50 new entries as well as updates throughout.

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 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.

### Proven Natural Remedies to Treat and Prevent More Than 80 Common Health Concerns

### The Book Jehovah's Witnesses & Mormons Don't Want You to Read

### The Natural Physician

### The Surprising, Unbiased Truth about What You Should Eat and Why

### Natural Cures "they" Don't Want You to Know about

### The Truth about Vitamin E

### Your Health Guide for Common Ailments

**Millions of people have elevated blood levels of cholesterol, a major risk factor for coronary heart disease. Yet many supplements and foods can effectively - and safely - reduce cholesterol levels. This User's Guide to Polycosanol and Other Cholesterol-Lowering Nutrients explains what you have to do to reduce your risk of heart disease.**

### Self-Help

### The Natural Physician's Healing Therapies

### A Handbook of Native American Herbs

### Proven Remedies Medical Doctors Don't Know

### Find Your Type and Free Yourself from the Symptoms of Menopause