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RUTH WINTER, M.S.

Consumers Dictionary Of Medicines

Barbara H. Roberts



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Deborah Hodgson-Ruetz, 2011-01-28 Several chronic health problems facing modern populations can be easily treated through the use of natural substances Many of the ailments that people suffer from are related to lifestyles and diet The immune system for example is the focus of tremendous scientific interest because of its relation to diseases such as cancer leukemia chronic fatigue syndrome AIDS and severe allergies Yet the immune system can be weakened by pharmaceuticals In contrast the immune system is strengthened by herbs such as echinacea astragalus and reishi In America early settlers brought their folklore from Europe adding it to the abundant knowledge of the Native American Indians who had for centuries told tales of how the Great Spirit gave them certain medicinal plants to cure their people With interest in herbal cures taken from medicinal plants growing herbalists are once again gaining a respected place among healers **Do All Bugs Need Drugs** presents a step by step guide that explains how to treat common ailments at home using natural and herbal treatments It also offers insightful common sense health information useful for anyone with chronic ailments who is searching for a natural way to manage their symptoms and pain Consumer Health & Integrative Medicine: A Holistic View of Complementary and Alternative Medicine Practices

Linda Baily Synovitz, Karl L. Larson, 2018-10-01 Today being a health consumer encompasses more than being knowledgeable about traditional medicine and health practice but also includes the necessity to be well informed about the expanding field of complementary and alternative medicine **Consumer Health and Integrative Medicine Holistic View of Complementary and Alternative Medicine Practices** Second Edition was written to expand upon the many alternative modalities that many other consumer health texts overlook It includes chapters on the major alternative medicine systems and healing modalities including Ayurvedic medicine traditional Chinese medicine naturopathy homeopathic medicine chiropractic medicine massage reflexology and herbals or botanicals The authors mission

is to increase reader s knowledge base not make up their mind as we all make better choices related to our own personal health care practices when we are informed consumers **Radical Medicine** Louisa L. Williams,2011-07-12 A radical approach to holistic healing that examines the root causes and cures for ailments such as Alzheimer s disease breast cancer and heart attacks Offers cutting edge detoxification and draining therapies to address the tremendous chemical onslaught of modern life Explains the profound health problems caused by dental amalgams vaccinations antibiotics cosmetics With the historic use of toxic mercury amalgam fillings excessive courses of antibiotics damaging childhood vaccines and the many industrial pollutants and chemicals that have been spread into our air water and food over the past century general holistic health guidelines are simply no longer adequate for most people Only through radical measures that is getting to the true root or underlying cause of disease can effective healing occur In Radical Medicine naturopathic physician Louisa Williams describes how to treat these and other modern day obstacles to cure in order to ensure against future degenerative disease and achieve the optimal health that is our birthright Examining the many health problems triggered by dental amalgams and poor dentistry Dr Williams explains that our teeth are focal points for health issues that arise elsewhere in the body She explores the impact of vaccinations the excessive use of antibiotics and the chemical laden products used as health and beauty aids which are linked to Alzheimer s disease heart attacks and breast and other cancers and provides information on cutting edge detoxification treatments as well as drainage and nutritional therapies A practical guide for practitioners and patients alike Radical Medicine offers a wealth of holistic natural therapies for overcoming what is poisoning us and our world so we can achieve optimal health and well being

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