



The Complete Guide to Natural Cures (Lynn Sonberg Books)

Debora Yost

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Take control of your health the natural way!

Natural and herbal medicines have been around for as long as humans have walked the earth. Though disregarded for many years by a medical establishment more enamored with pharmaceuticals and surgery, natural remedies are being promoted by forward-thinking healthcare professionals more than ever before. In this age of heightened environmental consciousness, one fact has become very clear: Many of today's common health complaints can be handled safely and effectively using a variety of easily available, 100% natural, therapeutic approaches.

The complete guide to natural cures

is a comprehensive, easy-to-use, A-to-Z listing of natural treatments and chemical-free strategies for dealing with a wide range of health issues and problems—from allergies to back pain to vertigo; from angina to fibromyalgia to ulcers. Included also is valuable information on the effective uses of diet change, herbs, hydrotherapy, yoga, and various physical treatments such as chiropractic, acupressure, massage, and reflexology to treat and/or prevent nearly 100 common ailments—making *The Complete Guide to Natural Cures* the ultimate handbook for living a healthy, natural life.



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