



Prescription for Natural Cures

James Balch, Mark Stengler

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The all-in-one natural health resource your family can trust

Dr. James Balch coauthored *Prescription for Nutritional Healing*, which became the first major popular guide to the healing power of foods and nutritional supplements, selling more than 8 million copies in all its editions. Now, Dr. Balch and Dr. Mark Stengler present a new natural health resource that you can't afford to be without--a comprehensive reference of natural remedies for common ailments, including:

- * acne
- * allergies
- * arthritis
- * asthma
- * back pain
- * cancer
- * depression
- * fibromyalgia
- * heart disease
- * hypothyroidism
- * influenza
- * irritable bowel syndrome
- * menopause
- * osteoporosis
- * stroke
- * Syndrome X
- * varicose veins, and more--almost 200 health problems and conditions in all.

Prescription for Natural Cures provides a complete natural Rx for each condition, giving you 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. Organized by problem from A to Z, this invaluable guide features:

- * The unique Super Seven Prescriptions for each condition, which provide specific and practical remedies to help heal your problem. You have never seen natural health advice as helpful, targeted, and accessible as this
- * Clear, authoritative guidance on dietary changes, healing foods, nutritional supplements, and recommended tests
- * Easy-to-understand discussions of the symptoms and root causes of each health problem
- * Down-to-earth descriptions of each natural remedy
- * A resource guide to holistic practitioners

This breakthrough book is indispensable if you want to get better--naturally

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Charles Adams:

The reason? Because this Prescription for Natural Cures is an unordinary book that the inside of the book waiting for you to snap the idea but latter it will shock you with the secret the item inside. Reading this book next to it was fantastic author who also write the book in such amazing way makes the content inside of easier to understand, entertaining way but still convey the meaning thoroughly. So , it is good for you for not hesitating having this anymore or you going to regret it. This phenomenal book will give you a lot of positive aspects than the other book have such as help improving your proficiency and your critical thinking approach. So , still want to postpone having that book? If I have been you I will go to the book store hurriedly.

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