

Complementary and alternative health: the scientific verdict on what really works

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Abstrak

Your complete guide to conditions & their natural remedies. From the common cold to cancer, the range of treatments is ever growing. Do you know all the alternative options available? Are they safe? Do they really work? Rigorous, realistic, up-to-date, & refreshingly objective, this A to Z guide cuts through the hype & hargon to give you the hard evidence, covering: over 1500 conditions, treatments, therapies, & supplementl what is most likely to work for your condition; treatments you can use in conjunction with prescribed drus or instead of them; which remedies havebeen proven to work. Look up any condition for advice on the safest & most effective treatments, or find out more about a particular treatment or supplement that you might have been recommende. With this comprehensive guid eyou can take control of your health & choose the right option for yourself & your family every time.