

The Complete handbook of nature cure : The most comprehensive family guide to health, the natural way

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Abstrak

Dr. H.K. Bakhru explains the details and benefits of a variety of natural therapies. He explains how natural food, natural elements, yoga and more generally, the observance of the laws of nature, can allow patients to overcome their diseases. He also reviews the ingredients of a healthy and nutritious diet. The author affirms that "good health ought to be everybody's concern, not solely the medical profession's." In following this principle, he uses simple language to explain his treatments and the underlying reasoning behind his theories. This well illustrated book will be beneficial for those who are seeking natural cures for their ailments. The book will also serve as a useful guide for those interested in leading simple and healthy lives. In addition, the book will be a very useful reference guide for students of naturopathy and practitioners of nature cure.