

The Illustrated Encyclopedia of Healing Remedies: Over 1000 natural remedies for the prevention, treatment, and cure of common ailments and conditions

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Abstrak

The Illustrated Encyclopedia of Healing Remedies provides a chapter on each of the eight major alternative therapies: ayurveda, aromatherapy, flower essences, Chinese herbal medicine, herbal medicine, vitamins and minerals, homeopathy and folk remedies. Written by experts in each field, this full-color illustrated book explains everything -- from the ailments the therapies treat to their effects. Each chapter includes practical, cultural and historical background, and up to 60 remedies per therapy. A glossary of terms, lists of contacts and further reading lists round out this essential guide to alternative medicine.