

Natural Health Bible: Your A-Z Guide to Over 300 Conditions, Herbs, Vitamins, and Supplements

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Abstrak

Discover Which Herbs and Supplements Are Best for You

Do you know that safe and effective natural treatments exist for many of today's common health conditions?

The most recent scientific research suggests that in addition to promoting better health, many herbs, vitamins, and supplements may be powerful weapons in the battle against specific diseases.

Inside, you'll learn how the therapeutic wonders of natural medicine can benefit you. This revised and expanded second edition includes 100 new chapters covering the latest scientific evidence on the effectiveness of the most popular herbs, vitamins, and supplements. Every statement has been rigorously reviewed for accuracy by a medical doctor and a professor of pharmacology. You'll learn what works for you—and what doesn't.