



Prescription for Natural Cures: A Self-Care Guide for Treating Health Problems with Natural Remedies Including Diet, Nutrition, Supplements, and Other Holistic Methods, Third Edition

By James F. Balch, Mark Stengler



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Hundreds of thousands of readers have relied on Prescription for Natural Cures as the source for accurate, easy-to-understand information on natural treatments and remedies for a host of common ailments. The new edition of this invaluable guide has been thoroughly updated to reflect the very latest research and recommendations. This revised edition prescribes remedies for almost 200 conditions, including new entries such as gluten sensitivity and MRSA. You'll find easy-to-understand discussions of the symptoms and root causes of each health problem along with 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.

This revised edition features:

- * Comprehensive reference contains natural remedies for almost 200 common health ailments organized by problem from A to Z
- * Scores of new supplements and many new conditions
- * Up-to-date information reflecting the latest natural health research and treatment recommendations
- * Clear, authoritative guidance on dietary changes, healing foods, nutritional supplements, and recommended tests

Down-to-earth descriptions of each health problem and natural remedy

If you and your family want to get better naturally, *Prescription for Natural Cures* is an essential health resource you can't afford to be without.

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Editorial Review

Review

“Prescription for Natural Cures provides a valuable resource to help guide readers to safe and effective natural solutions to common health conditions. A clear path to improved health is provided no matter the health challenge.” ? **Michael T. Murray, N.D., co-author, *The Encyclopedia of Natural Medicine***

"*Prescription for Natural Cures, 3rd edition* is an encyclopedic volume and a good companion for anyone who wants an extensive source on holistic treatments for almost any illness." ? **Deepak Chopra, MD, author of *Super Genes***

"I can't imagine a better home resource for those who want to take better care of themselves and their circle of loved ones. From simple acne, to serious Alzheimer's disease, the authors of *Prescriptions for Natural Cures* offer the essential cliff notes of medical information, and more importantly, reliable advice on diet, nutritional and herbal supplements, and other natural therapies. Every consumer should have this on their book shelves---a health insurance plan and resource well worth the price of just one book." ? **Tori Hudson, N.D., author of *Women's Encyclopedia of Natural Medicine***

Review

For Prescription for Drug Alternatives:

“This book is essential reading for anyone who wants to take charge of his or her health. Read it to live long and well.” ? **Hyla Cass, M.D., author of *Supplement Your Prescription: What Your Doctor Doesn't Know about Nutrition***

“An outstanding resource for comparing common pharmaceutical and holistic treatments.” ? **Ronald M. Lawrence, M.D., coauthor of *Preventing Arthritis and The Miracle of MSM***

“A must-read for every person who wants to achieve better health and avoid the dangers of synthetic medications. The authors do an exceptional job by telling you everything you need to know about getting well and how to use supplements correctly and safely.” ? **Suzy Cohen, R.Ph., author of *The 24-Hour Pharmacist***

About the Author

James F. Balch, M.D., is one of the bestselling health book authors of all time. A renowned medical doctor, he is the coauthor of the first two editions of the landmark 8-million-copy bestseller *Prescription for Nutritional Healing*; he is also the coauthor of *Prescription for Drug Alternatives*. Dr. Balch has made numerous appearances on television and radio and lectures regularly around North America.

Mark Stengler, N.M.D., is a licensed naturopathic medical doctor, the coauthor of *Prescription for Drug Alternatives*, and an expert in nutrition, herbal therapy, vitamin therapy, homeopathy, and integrative medicine. Dr. Stengler is the author of one of our most popular health newsletters, *Bottom Line Natural Healing*; his website is www.markstengler.com.

Robin Young Balch, N.D., is a naturopathic physician and coauthor of *Prescription for Drug Alternatives*. She is credentialed as a master Chinese herbalist and has expertise in aromatherapy, reflexology, and

acupressure.

Users Review

From reader reviews:

Donald Davisson:

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Matthew Dealba:

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James Alvarez:

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