Alternative Medicine The Definitive Guide

**Medical Cannabis the Definitive Guide**

Offers information on such holistic medical practices as osteopathy, naturopathy, homeopathy, and ayurveda.

**Alternative Medicine**

For more than twenty years this pioneering work had served as a bible for herbalists throughout the world. It is an illustrated encyclopedic guide to more than two hundred medicinal plants found in North America, with descriptions of each plant's appearance and uses, and directions for methods of use and dosage. Native American traditions are compared with traditional uses of the same plants among other cultures where the science of herbs has flourished, particularly in Russia and China. Included is an annotated bibliography of pertinent books and periodicals.

**Alternative Medicine Magazine's Definitive Guide to Sleep Disorders**

This comprehensive guide delivers informed hope along with effective tools for reclaiming your vitality in the midst of cancer treatment, healing, and recovery. When you or a loved one is faced with a cancer diagnosis, the need for accurate and trusted medical information becomes urgent. Naturopathic physician Lise N. Alschuler and medical journalist Karolyn A. Gazella present an overview of what cancer is, its causes and preventative strategies, an
in-depth approach to integrative treatment options, descriptions of key body functions, and discussions of more than twenty specific cancers. The Definitive Guide to Cancer, now in its third edition, encourages you to take an integrative approach that embraces both alternative and conventional therapies across the spectrum of cancer prevention, treatment, and healing.

**Magnet Therapy**

Updated for 2012, this book, Dr. Neil McKinney's fourth on naturopathic oncology, is updated with the rewards of clinical practice, study, research and reader feedback over the last several years. Patients and integrative physicians will find it easier to navigate, more complete, and of real service. DO: use this book to be informed about your best options, and what to expect them to accomplish. THEN: get expert guidance from a licensed, accountable, health professional team experienced in treating cancer. Cancer is a life-threatening disease in most cases. You do not have the objectivity, experience or knowledge to make critical medical decisions alone. This is not just a legal disclaimer! Cancer is unforgiving of delays and poor choices.

**Kava: The Pacific Elixir**

Authentic Health is a comprehensive guide to reclaiming health for the millions of Americans plagued by painful chronic conditions including obesity, depression, diabetes, and insomnia. In this
straightforward, easy-to-use roadmap, Dr. Gus Vickery lays out a comprehensive program for addressing painful chronic conditions, including obesity, diabetes, depression, persistent headaches, and difficulty sleeping. From nutrition and physical activity to lesser-known, but powerfully effective, techniques for managing stress, sleeping well, and cultivating a sense of purpose, Dr. Vickery offers a powerful manifesto for claiming the good health that's within you.

**Alternative Medicine the Definitive Guide**

**Alternatives in Cancer Therapy**

The definitive, full-color guide to making and using approximately 250 herbal medicines at home, with instructions for everything from harvesting to administering low-cost, DIY remedies. This comprehensive, full-color guide provides detailed, easy-to-follow instructions for making and using approximately 250 herbal medicines at home, including practical tips and numerous effective formulas developed and tested by the authors, both expert herbalists with years of experience. Readers who appreciate the health-giving properties of herbal medicines but are discouraged by the high price of commercial products can now make their own preparations for a fraction of the cost. The authors tell you everything you need to know about harvesting, preparing, and administering herbs in many different
forms, including fresh, bulk dried herbs, capsules, extracts in water, alcohol, glycerin, vinegar and oil, and even preparations like essential oils and flower essences. The book also covers topical applications of herbs as salves, lotions, poultices, tooth powders, ear drops, and more, and includes an extensive chapter on herbal hydrotherapy. The Modern Herbal Dispensary explains why different preparations of the same herb will obtain better results, demonstrating how capsules, teas, tinctures, or glycerites of the same plant will not have exactly the same effect on the body. Leading herbalists Thomas Easley and Steven Horne have tested and proven the herbal formulas they offer, along with suggestions for treating more than one hundred illnesses. They lay out the principles of herbal formulation and also provide instructions on how to prepare single herbs, a procedure that has been largely ignored in other references. More comprehensive than any other guide, thoroughly researched, beautifully illustrated, and presented with ease of use in mind, this book will take its place as the premier reference for those who want to produce all the herbal remedies they need, and to save money in the process.

**Alternative Medicine, Second Edition**

Explains how to use enzymes, aromatherapy, diet, nutrition, Ayurvedic medicine, glandular extracts, exercise, and supplements to help lose weight permanently.

**Holistic Anatomy**
Learn how proven alternative and natural therapies can help eliminate all types of headaches including migraine, tension, sinus, eyestrain, allergy/sensitivity and more. All you need to know is your symptoms. The authors skillfully help you identify the type and probable cause of your headache, then guide you through treatment options suited for your condition. This book presents the most effective treatment strategies from nutrition therapy, chiropractic, acupuncture, homeopathy, biofeedback, aromatherapy, and many more modalities.

**An Alternative Medicine Definitive Guide to Arthritis**

Herbal medicines have been used for many centuries to treat illnesses and restore health, and today herbalism still remains the most widely-practiced form of medicine around the world. Written by a leading medical herbalist, The Complete Herbal Tutor provides in-depth knowledge of the practice and theory of herbal medicine, including everything you need to know about its history, how it works, how to grow, gather and prepare herbs, and how to use them to create an herbal prescription. The rigorously researched and illustrated materia medica contains over 150 herbs, with clear explanations of their properties, active ingredients, and the latest scientific developments on their uses. There is also a clear explanation of how herbs can be used to treat each of the body's systems, with advice on using remedies for healing a range of specific conditions.
The Definitive Guide to Cancer, 3rd Edition

Authoritative, objective and in tune with the subjects that matter to students and researchers, "The Gale Encyclopedia of Alternative Medicine presents unbiased information on alternative and complementary medical practices. Covering all aspects of the subject, the "Encyclopedia identifies and explains the many types of alternative medicine being practiced today, from acupuncture to yoga. Nearly 750 entries are included in the "Encyclopedia covering therapies, diseases/conditions and herbs/remedies.

The Complete Herbal Tutor

"This book uses alternative medicine methods to offer safe, simple ways to lose weight. It provides the tools to make better food choices, use supplements wisely, start exercising, resolve emotional issues, and correct the underlying imbalances that may be contributing to weight gain"--Provided by publisher.

Weight Loss

This indispensable reference features the latest alternative approaches to diagnosing, treating, and preventing arthritis. It also details how to pinpoint the underlying factors leading to arthritis and includes proven and nontoxic ways to heal or manage arthritis naturally and without the risk of serious side effects. A completely updated and expanded guide to
alternative treatments for arthritis. Covers supplement therapy, organ detoxification regimes, and immune system boosters to relieve joint pain, stiffness, and inflammation. From the creators of Alternative Medicine magazine and THE ALTERNATIVE MEDICINE DEFINITIVE GUIDE, which has sold 650,000 copies.

**Cannabis Pharmacy**

If you suffer from insomnia, sleep apnea, restless leg syndrome, or other sleep disorders, you don't have to endure another long, sleepless night. This second edition of ALTERNATIVE MEDICINE MAGAZINE'S DEFINITIVE GUIDE TO SLEEP DISORDERS holds the keys to lasting relief from such sleep-disturbing factors as toxic overload and body clock disruptions. Outlining seven reasons why people have trouble falling and staying asleep, sleep specialist Dr. Herbert Ross recommends several natural techniques—detoxification, dietary change, mind-body therapies, exercise, and more—to promote better sleep while enhancing your overall health. Unlike sleeping pills, which decrease sleep quality and become less effective over time, these holistic treatments will benefit your whole body over the long term to help you lose weight, increase immune system function, boost energy, improve mood, and enhance concentration. Good health and vitality are just a good night's sleep away.

**The Nature of Animal Healing**
What is the mysterious healing power behind the scores of supplements that have been called miracle medicines? Why are many of these supplements so potent? In Nature's Medicines, you'll find information on the most controversial and powerful health supplements on the market, including • Vitamins and minerals: Find out which can prevent arthritis, cancer, and heart disease--and add years to your life. • Nature's herbs: Discover the herbal supplements that boost immunity, relieve stress, remove toxins, and pump up your energy. • Emerging supplements: Find out what you're really getting when you buy highly publicized supplements like bee pollen, coenzyme Q10, melatonin, shark cartilage, and more. How effective are they? What have researchers discovered about how they work? You'll also find exact recommendations from M.D.'s, alternative practitioners, and herbalists, such as: • The new memory aid: a Chinese herb that "can help protect your brain from damage due to aging, heart disease, or toxins." • The new cure for high cholesterol: an herb that can "lower cholesterol and triglyceride levels, raise HDL levels, and promote weight loss." • The new pain medicine: a natural anti-inflammatory that "acts like a home-style ibuprofen." • The new arthritis cure: a supplement that can "slow the loss of cartilage by pumping more cartilage-generating nutrients into the body." And much more--in all, more than 95 supplements to prevent or cure common diseases and health conditions.

**Alternative Medicine Guide to Heart Disease**

Page 9/22
The complete guide to coping with prostate cancer, with expert health advice for every man. This comprehensive handbook gives men the vital information they need to effectively navigate every step of dealing with prostate cancer. A newly diagnosed cancer patient faces a mind-numbing array of treatment options, including medical therapies that carry serious side effects—and determining the right course of action is an overwhelming task. In simple yet scientific terms, this book empowers readers with the tools they need to proactively fight cancer by making the most informed treatment decisions possible. With groundbreaking developments recently emerging in both conventional and holistic prostate cancer research, it is imperative that men fighting this disease have the absolute latest information. As founder and director of the Center for Holistic Urology at Columbia University, Dr. Katz is uniquely positioned to guide readers through the new practices and breakthrough treatment options for every stage of the battle with cancer, from prevention to postdiagnosis. One in six men will be diagnosed with prostate cancer in his lifetime, and countless families will be affected by this widespread but ultimately curable disease. Armed with Dr. Katz's expert guidance, patients will be equipped to actively participate in reclaiming their health and navigating this difficult diagnosis.

**Alternative Medicine Guide to Chronic Fatigue, Fibromyalgia & Environmental Illness**

Based on the ancient healing tradition from India that
dates back thousands of years, The Complete Book of Ayurvedic Home Remedies offers natural alternatives to conventional medicines and treatments with practical advice and easy-to-follow instructions. Dr. Vasant Lad, a leading authority in this field, has created an invaluable guide to treating common ailments and chronic problems with strategies tailored to your personal needs based on your dosha. Dr. Lad first explains the principles behind the science of Ayurveda, exploring the physical and psychological characteristics of each of the three doshas, or mind-body types--vata, pitta, and kapha. Once you have determined which type or combination of types you are, Dr. Lad helps you to begin your journey to the ultimate "state of balance" and well-being. Dr. Lad explains why certain imbalances often result in illness and shows you how to restore your body to natural order. You'll learn which traditional Ayurvedic remedies--herbal teas and formulas, essential oils, meditation, yoga--offer relief from a variety of conditions, such as cold and flu symptoms, headaches, toothaches, sore throats, high cholesterol, vision problems, anxiety, and depression. Dr. Lad also shows you how to use diet and specific Ayurvedic techniques to prevent future illness and to promote body consciousness and healthy living. The Complete Book of Ayurvedic Home Remedies enables us all to experience the benefits of Ayurveda's healing properties that have been refined over thousands of years. All of the herbs, foods, and oils Dr. Lad recommends can be found in local health food stores or through mail-order catalogs. Complete with an extensive glossary and resource list, this is the definitive guide to natural, safe, and effective
remedies, everyday keys to a lifetime of vitality and well-being.

**Alternative Medicine Yellow Pages**

21st Century Science Collection.

**Sleep Disorders**

Save your heart from disease, attack, stroke, high blood pressure, and the dangers of angioplasty, bypass, and other invasive surgeries -- 12 top physicians explain their proven, safe, nontoxic, and successful heart-saving treatments.

**Alternative Medicine**

A new guide to treating allergies recommends alternatives to drugs in the form of nerbs, supplements, diet changes, homeopathy, detoxification, and traditional Chinese medicine. Original.

**Alternative Medicine**

**The Veterinarians' Guide to Natural Remedies for Dogs**

Addresses the causes of insomnia, restless legs disorder, and sleep apnea, exploring how changes in diet, exercise, natural supplements, and mind/body therapies can provide lasting relief.
Alternative Medicine

The most comprehensive and approachable book available on understanding and using medical marijuana. Revised and updated with the latest information on varietals, delivery, dosing, and treatable conditions, Cannabis Pharmacy is "a well-designed and -illustrated and easy-to-use resource" (Booklist) for those considering medical marijuana as a treatment option. In Cannabis Pharmacy, expert Michael Backes offers evidence-based information on using cannabis to treat an array of ailments and conditions. He provides information on how cannabis works with the body's own system, how best to prepare and administer it, and how to modify and control dosage. This newly revised edition is now completely up-to-date with the latest information on the body's endocannabinoid system, which is understood to control emotion, appetite, and memory. Delivery methods including e-cigarette and vape designs are also covered here, along with information on additional varietals and a new system for classification. Cannabis Pharmacy covers more than 50 ailments and conditions that can be alleviated with marijuana. There are currently more than 4.2 million medical cannabis patients in the United States, and there are 33 states plus the District of Columbia where medical cannabis is legal.

An Alternative Medicine Definitive Guide to Cancer

One of the most important lessons in life is learning
how to depend on what Mother Earth has given us. By using the plants and herbs that we have been given we are able to treat all ailments that we find ourselves afflicted with. In writing the book it is my hope the information within the pages are an aid to those looking for alternative medicine.

**Arthritis**

"A companion to *The Definitive Guide to Cancer*, this practical and fully revised guide (formerly titled *Five to Thrive*) outlines a five-step plan integrating both conventional and alternative therapies for cancer survivors. There are more than 13 million cancer survivors in the United States who, although they have finished treatment, often live in fear of recurrence. *The Definitive Guide to Thriving After Cancer* combats that fear by teaching readers not just how to survive, but how to thrive after cancer. The authors' integrative health plan, Five to Thrive, combines both natural and conventional healing methods to support and enhance five critical pathways to better health: immune, inflammation, insulin resistance, hormones, and digestion/detoxification. While other health plans may focus on one or two of these functions, this book is the only program that emphasizes a comprehensive approach needed for optimal health and recurrence prevention"--

**Indian Herbalogy of North America**

A pioneering revolutionary prescription for the health
and long life of your pets For two decades, Dr. Martin Goldstein—America's most successful, renowned holistic veterinarian—has healed and helped his animal patients with the same natural therapies that benefit humans. The results have been so astounding that today critically sick pets are brought to him from across the country for a new chance at life and health. In this compelling, very accessible book, Dr. Goldstein explains exactly what holistic medicine is and how it works. By treating the root of a health problem instead of its symptoms, you too can help your animal to regain and maintain its own health, as nature intended. Dr. Goldstein also shares many remarkable true stories of supposedly terminally ill animals who have recovered to full wellness. Inside you'll discover • Why our animals get sick, even when we strive to give them the best of care • An exhaustive A to Z guide of pet ailments—and the best course of action • Why vaccines can do more harm than good • The link between diet and disease—and how the right diet can not only prevent disease but reverse it • How acupuncture, homeopathy, chiropractic, and other alternative options work--safely and painlessly--to restore true health • Specific guidance for the use of herbs, supplements, and natural remedies • The good news (and the bad) about cancer in animals--including extraordinary new treatments and potential cures • Coping with the inevitable death of your pet--both physically and psychologically • And much, much more Plus—the ultimate resource for holistic pet care: an extensive guide to holistic product manufacturers and stores, books, newsletters, Web sites, veterinarians, and associations!
The Modern Herbal Dispensatory

Medical Cannabis is legal now in 23 states and the District of Columbia. So what do you do now? What conditions are helped by medical cannabis? How do you take it? What strains do you choose? How do you know how much to take? This book answers those questions and more. Medical Cannabis The Definitive Guide covers all those questions and more. Beginning with the history of cannabis through to the political future of medical cannabis in the US, the topics covered give an in depth explanation of cannabis as medicine.

The History Of Cannabis Classifying Cannabis and a Holistic Perspective Of A Biomolecular Perspective of How Medicinal Cannabis The Endocannabinoid System and its Relationship to Dosing with Cannabis Using Cannabis Strain Fingerprints to Target Specific Specific Medical Conditions and Their Treatment with Medicinal Cannabis The author is a medical cannabis patient and holds undergraduate and advanced degrees in molecular biology and science education.

The Complete Book of Ayurvedic Home Remedies

Complementary and alternative approaches to health and medicine have become increasingly widespread as the limits of conventional treatments become more apparent. Holistic Anatomy presents an authoritative study of anatomy, physiology, and pathology but expands the discussion by connecting the science of
the body to a variety of alternative modalities to explore how human beings exist within—and interact with—their environment, and how they experience existence in emotional and spiritual terms. Basic scientific terminology and detailed descriptions are interwoven with informal, sometimes humorous observations, facts, and ideas about life. The mechanisms, structure, and functions of the body are explored, along with how they relate to spiritual and energetic paradigms, emotions, and ecological principles. The first half of the book covers basic anatomy and physiology, describing each major system of the body and how they interrelate. This part includes a thoughtful discussion of aging and the dying process. The second half focuses on models of health and disease, both traditional and holistic. Topics include western pathology, emotional health, five element medicine, and the spiritual cause for disease.

**Naturopathic Oncology**

The most complete resource of its kind on alternative medicine• Herbal remedies, dietary supplements, and alternative therapiesTheir specific usesWhich ones really work (and which ones don’t)What to watch out for• Christian versus non-Christian approaches to holistic health• Clinically proven treatments versus unproven or quack treatments• Truths and fallacies about supernatural healing• Ancient medical lore: the historical, cultural, and scientific facts• And much, much moreAlternative Medicine is the first comprehensive guidebook to nontraditional medicine
written from a distinctively Christian perspective. Keeping pace with the latest developments and research in alternative medicine, this thoroughly revised edition combines the most current information with an easy-to-use format. University lecturer and researcher Dónal O’Mathúna, PhD, and national medical authority Walt Larimore, MD, provide detailed and balanced answers to your most pressing questions about alternative medicine—and to other questions you wouldn’t have thought to ask. Also includes Two alphabetical reference sections: Alternative therapies Herbal remedies, vitamins, and dietary supplements A description of each therapy and remedy, an analysis of claims, results of actual studies, cautions, recommendations, and further resources Handy cross-references linking health problems with various alternative therapies and herbal remedies reviewed in the book

**Allergy Free**

Provides information on alternative treatments for chronic fatigue syndrome, fibromyalgia, and environmentally induced illnesses.

**Headaches**

Explores the causes of arthritis and the application of reflexology, detoxification, immunotherapy, and supplements

**Authentic Health**
The world of veterinary medicine is changing. People are realizing that if alternative medicine is better for them, it's better for their pets, too. Dogs are visiting acupuncturists, chiropractic doctors, and homeopaths. Still, many dog owners are unaware that such simple measures as changing their pet's diet and using vitamins, herbs, and other natural cures can help prevent or heal ailments ranging from excessive scratching to depression to a host of serious diseases. The Veterinarians' Guide to Natural Remedies for Dogs is both an introduction and a guide to the vast world of natural healing methods, treatments, and foods now available for dogs. Author Martin Zucker offers advice from dozens of holistic practitioners and licensed veterinarians, who share their recipes, insights, and "prescriptions." Here dog owners will find information on everything from nutritional supplements to massage therapy, as well as how these treatments can be used alone or in conjunction with traditional medications and surgical techniques.

The Definitive Guide to Prostate Cancer

The "Bible" of Alternative Medicine Learn the health secrets that millions of readers have discovered in the book that is revolutionizing health care in the United States. Alternative Medicine: The Definitive Guide is packed with lifesaving information and alternative treatments from 400 of the world's leading alternative physicians. Our contributors (M.D.s, Ph.D.s, Naturopaths, Doctors of Oriental Medicine, and Osteopaths) offer the safest, most affordable, and most effective remedies for over 200 serious health
conditions, from cancer to obesity, heart disease to PMS. This guide is easy enough to understand to make it perfect for home reference, while it would also make a fine resource for health care providers interested in learning more about alternative medicine. • 70% of Americans currently use some form of alternative medicine • This 1,136-page encyclopedia puts all the schools of alternative medicine-50 different therapies-under one roof • Highlights dozens of actual patient stories and physician treatments.

The Gale Encyclopedia of Alternative Medicine

The American Holistic Medical Association Guide to Holistic Health

This complete guide to kava describes its centuries-long use in the religious, political, and economic life of the Pacific islands and summarizes the literature and research on a plant that is now considered a comparable or superior alternative to anti-stress prescription drugs.

The Definitive Guide to Thriving After Cancer

Magnetic energy can play a vital role in recovery from pain and other chronic problems. Learn how the use of magnets can heal, diagnose, and reverse 35 major health conditions with this self-help guide from one of
MAGNET THERAPY: the complete self-help guide to magnets contains:
Practical information on how to buy magnets and apply them
An A-to-Z of health conditions that can be improved with the use of magnet therapy
Dramatic results of magnet therapy told through success stories

**Nature's Medicines**

Provides information on alternative cancer treatments and includes patient case histories

**Alternative Medicine Magazine's Definitive Guide to Weight Loss**

This indispensable reference features the latest alternative approaches to diagnosing, treating, and preventing arthritis. It also details how to pinpoint the underlying factors leading to arthritis and includes proven and nontoxic ways to heal or manage arthritis naturally and without the risk of serious side effects. A completely updated and expanded guide to alternative treatments for arthritis. Covers supplement therapy, organ detoxification regimes, and immune system boosters to relieve joint pain, stiffness, and inflammation. From the creators of Alternative Medicine magazine and THE ALTERNATIVE MEDICINE DEFINITIVE GUIDE, which has sold 650,000 copies.

**Alternative Medicine Back to Nature**
Alternatives in Cancer Therapy offers help for all patients coping with cancer. The therapies discussed in this book are primarily non-toxic, have few, if any, side effects, and tend to strengthen the immune system. They can be used as supplemental regimens that help maximize the effectiveness of traditional therapies such as surgery, radiation, and chemotherapy. Patients have a right to know all of their treatment options, and Dr. Ross Pelton presents dozens of choices, including: * Shark Cartilage * Gerson Therapy * Mistletoe * Isoprinosine * Laetrile * Selenium * Beta-Carotene * Hydrogen Peroxide * Vitamins C and E * The Hoxsey Treatment Non-traditional therapies can enhance the quality of life, and improve overall health while treating the disease. Alternatives in Cancer Therapy provides information on the research, efficacy, potential side effects, and availability of each treatment.

**An Alternative Medicine Guide to Arthritis**

Four hundred of the world's leading alternative physicians contribute safe, affordable, and effective remedies for more than 200 medical conditions ranging from common health problems like allergies, asthma, and obesity to serious illnesses like cancer, heart disease, and AIDS. Illustrations. Copyright © Libri GmbH. All rights reserved.