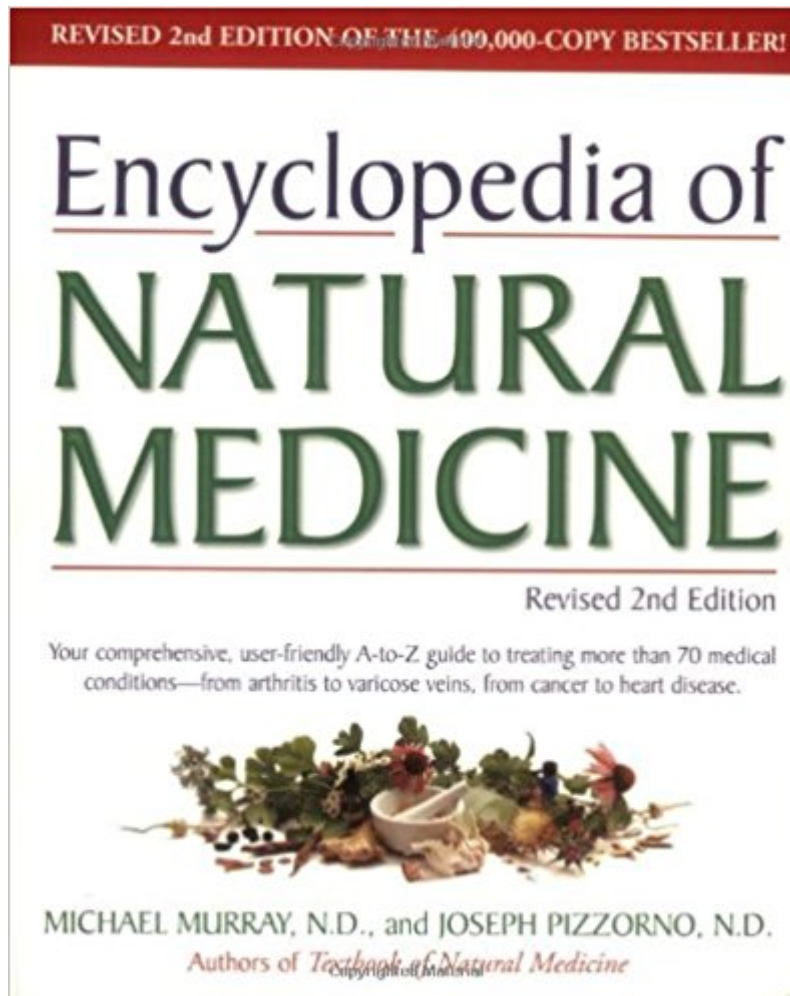




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# Encyclopedia Of Natural Medicine, Revised Second Edition



## Synopsis

The perfect balance between the latest research and age-old wisdom This completely revised and expanded second edition of the classic reference work arms you with the latest information on the extraordinary healing powers of natural medicine. Michael Murray and Joseph Pizzorno, two of the most trusted naturopathic doctors in the world, have teamed up once again to bring you cutting-edge natural remedies for the most common ailments. Easy to understand, a pleasure to read, yet scientifically well researched and documented, this is your complete health adviser to the natural approach to over 70 diseases, from arthritis to varicose veins. In addition, this life-long reference offers important information on: • The four cornerstones of good health and how to achieve them • How to enhance your body's key systems • How to promote good health and increase longevity Authoritative and up to date, the Encyclopedia of Natural Medicine is the essential medical reference no home should be without.

## Book Information

Paperback: 960 pages

Publisher: Three Rivers Press; 2 edition (December 29, 1997)

Language: English

ISBN-10: 0761511571

ISBN-13: 978-0761511571

Product Dimensions: 7.4 x 1.9 x 9.3 inches

Shipping Weight: 3.2 pounds

Average Customer Review: 4.6 out of 5 stars 255 customer reviews

Best Sellers Rank: #537,676 in Books (See Top 100 in Books) #30 in • Books > Health, Fitness & Dieting > Alternative Medicine > Reference #415 in • Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy #610 in • Books > Health, Fitness & Dieting > Reference

## Customer Reviews

Encyclopedia of Natural Medicine weighs three pounds and nine ounces, has 946 pages, and is as informative as it is hefty. The authors are naturopathic doctors--they focus on promoting health and treating disease with nontoxic, natural therapies. Naturopathic medicine follows these seven principles: Do no harm: use safe, effective, natural therapies. Nature has healing powers: the physician's job is to enhance the body's natural power to heal itself. Identify and treat the cause: find the cause, rather than just suppress the symptoms. Treat the whole person: administer to the patient's physical, mental/emotional, spiritual, and social sides. The physician is a teacher: educate

and motivate patients to take more responsibility for their health. Prevention is the best cure: health-supporting life habits prevent disease. Establish health and wellness: increase the patient's positive physical and mental state. This book shows you how to improve your health through a positive mental attitude, healthy lifestyle, health-promoting diet, and supplements, with plenty of practical tips. Learn disease prevention through enhancing key body systems. The bulk of the book details natural remedies for treating more than 70 ailments. Each includes symptoms, description, therapeutic considerations (with discussion of studies), and a treatment summary, including nutritional supplements and botanical (herbal) medicines. If you have a disease, this book will give you a valuable perspective on natural treatments. If you're well, it will give you many pointers for maintaining and enhancing your health. --Joan Price

Revised, updated, and expanded, this classic naturopathic reference by two naturopathic physicians is still one of the best books on natural medicine for consumers. Comprehensive and easy to use, it discusses some 70 health problems. What truly sets it apart from other similar titles are the scientific articles (82 pages in total!) that support the encyclopedia's content. Highly recommended. (LJ 5/1/91) Copyright 1999 Reed Business Information, Inc.

I was excited when I saw the new edition was out. I have owned an older edition for years. The authors are careful with their research. This book is packed with information for an amazingly low price.

naturopathic medicine! i love the in depth treatment guidelines for each disease. maybe it'll save me some pricey visits to my ND! did i mention this book is huge? recommend the Kindle version so you can 'search' for specific diseases and treatments. not to mention, the library's hard copy binding was giving way just a year after publishing. I don't adhere to all the advice in the book (namely that everyone should take a multivitamin and mineral supplement, and that we should eat whole grains and avoid saturated fats), but I feel most recommendations asserted by the authors are sound.

What a surprise! I bought this book because an article mentioned that it had a lot of information about RA. This is true. However, every other condition I've looked up has been explored as comprehensively. This is not a book written at 5th grade level. The authors explore and explain the research on whatever topic they are discussing. I do not agree with all of their conclusions, but the fact that their conclusions are evidence-based, thoroughly researched, and well explained is

indisputable. Written with holistic, balanced approach. An extraordinary purchase.

This book is DANTASTIC for the newcomer or pro! It gives simple to understand basics for natural health remedies. It provides uses for essential oils, natural foods, and vitamins to use for all routine and nonroutine medical concerns and problems. It is easy to locate the information you are seeking. It provides the information in an easy to understand format. Im a beginner in this area and it has provided me a great resource to refer to in a way that is easy to understand. Im able to locate the information easily. I love it!!!

A great overview of natural medicine by two authors who are long respected in the field. In addition to an explanation of what natural medicine is, there are detailed descriptions of how to enhance health, immunity, and longevity through improving cardiovascular and digestive health. In addition it addresses specific health problems which make it a great supplement for those who want to dip into non-pharmaceutical treatment and can't find any professional medical support for doing so. If you know a doctor who wants to encourage your efforts to take more responsibility for your state of health but who doesn't have the time to take courses, this is a great gift. There are plenty of references to research yet the text material is clear and easy enough for the layman to read. The doctor can give patients some relevant reading material while waiting for the doctor's return to the examination room. Each of the specific conditions is followed by a review and treatment summary plus suggested lifestyle changes, supplements, and botanical medicines. There are often guidelines within each condition write-up that help the patient decide which treatments are more likely relevant to that person's needs. An example within "Insomnia" is the explanation that melatonin will not have a sedative effect unless the person is actually low on melatonin. This is a great introduction to natural medicine as well as an ongoing companion throughout one's ups and downs of personal health care.

This book is one of the great textbooks for natural medicine. A must for the library of Herbalists and Naturopaths, not to mention any interested allopathic practitioners who might like to expand their mindsets out of the pharmaceutical industry.

This book is enormous and has everything you can think of. Nature can heal us inside and out. Traditional medicines try to mimic natural medicines and the only reason we even have traditional medicines is so the pharmaceutical companies can patent them, because you cannot put a patent

on anything in nature. This book is very informative.

The book starts out with a lot of information on general health. These are probably the most useful chapters and should be read in full. Everyone could benefit from this knowledge. After that, the book gets into particular ailments, blood pressure, boils, insomnia, etc. The book covers almost everything and each chapter quickly summarizes the data on each regarding natural treatments. I have kind of skipped around in these chapters as many of them aren't relevant to me, but the chapters I have read are very good and have offered insight to me, which is saying quite a bit since I have already studied natural medicine quite a bit. Overall I would say everyone should read this book, but of course that won't happen. If you are interested in this though, definitely pick up the book. It's a steal for how much good information it has.

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