

## [(Alternative Cures : More Than 1,000 of the Most Effective Natural Home Remedies)] [By (author) Bill Gottlieb] published on (August, 2008)

Bill Gottlieb



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When your health is at risk, you want to consider every option. In Alternative Cures, three hundred of America's top doctors and natural healers-herbalists, nutritionists, homeopaths, and naturopaths-share more than one thousand safe and effective remedies for many health concerns. Inside you'll discover - a nutrient that blocks the side effects of arthritis drugs - a two-nutrient combo that can help cure chronic fatigue - an herbal "cocktail" that stops common flu symptoms in twenty-four hours - an amino acid that works as well as Viagra - a group of remedies that rein in high blood pressure - a natural hormone cream that rebuilds bones - a home remedy that stops sugar cravings immediately Plus, there are easy-to-follow illustrations of healing exercises and pain-relieving pressure points-along with guidance on when to seek a professional. Alternative Cures provides not only health advice but peace of mind. "A valuable resource of alternative and integrated medicines." -Elson M. Haas, M.D., author of The False Fat Diet

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