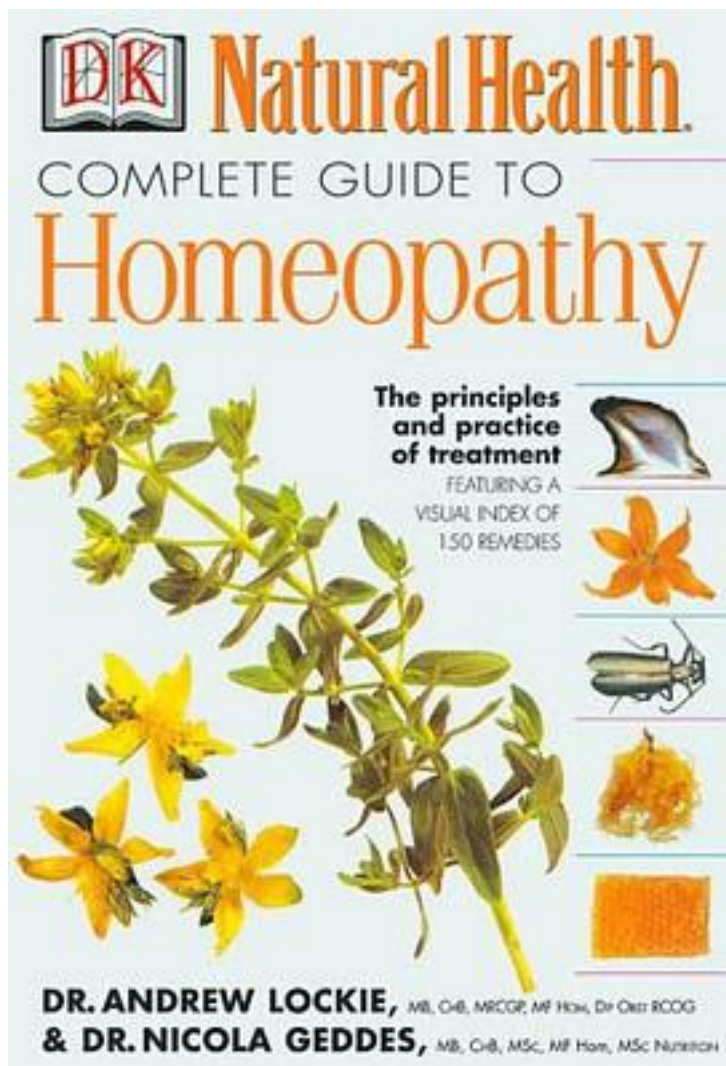


Complete Guide to Homeopathy



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A comprehensive range of self-help remedies.

Authoritative and accessible, this fully revised and updated consumer's guide to homeopathy explains all about how homeopathy works-and the best way to make it work for you. Complete Guide to Homeopathy reveals the key principles of homeopathy, including the system of categorizing people by "constitutional" types according to their physical and emotional traits. Other useful features include personal assessment, remedy profiles, and self-help guidelines. A carefully structured self-assessment questionnaire is based on what a homeopath would ask at a first consultation. It provides a unique insight into the link between health and personality, and helps you determine the constitutional type you resemble most. Based on the most advanced research, a photographic index profiles 150 remedies, with details of the historical background, medicinal uses, and corresponding constitutional type of each. Easy-to-use Practical Ailment Charts advise which remedies to take for everyday health problems, such as insomnia, anxiety, eczema, and toothache. It also features a quick-reference guide to homeopathic first aid. Accessible and information-packed, the Complete Guide to Homeopathy is the essential reference for improving health through this gentle approach to healing.

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