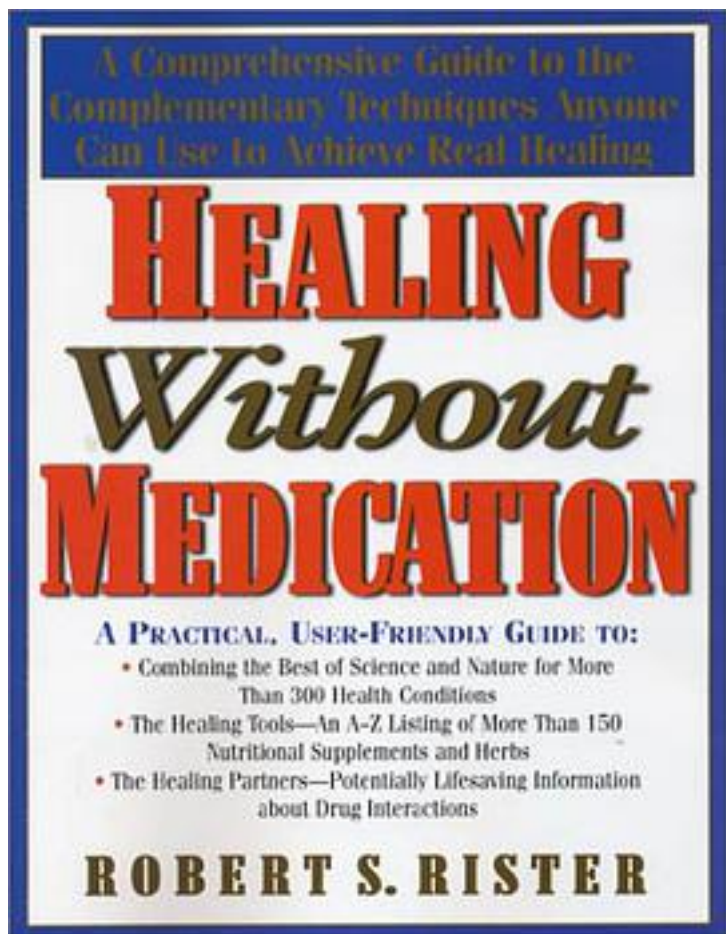


Healing Without Medication



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Today's health-conscious individual is fully aware of the side effects of pharmaceutical products. Diarrhea, nausea, impotence, hair loss -- it's enough to make one believe the cure is worse than the disease. Indeed, sometimes it is. There is an integrative solution

for every health problem. This book is your comprehensive guide to combining the best of science and nature for more than 300 health conditions. It is also your guide to more than 150 nutritional supplements and to dozens of treatment methods you can control, and it is largely written from sources of information you can confirm for yourself. In a comprehensive, user-friendly volume, Robert Rister presents the most current information on diseases and their non-pharmaceutical treatments. No matter what ails you -- from a simple rash to influenza to bipolar disorder -- you'll find detailed information that you can access and make use of with ease. Diseases are listed alphabetically and each entry includes a description of the symptoms, information on treatment, and an explanation of the disease process. Readers will find extensive information on dosing including the various forms in which substances can be taken. And if you are among the millions who must use prescription medication, you'll also find invaluable -- potentially life-saving information -- about drug interactions. Nothing is left to chance.

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