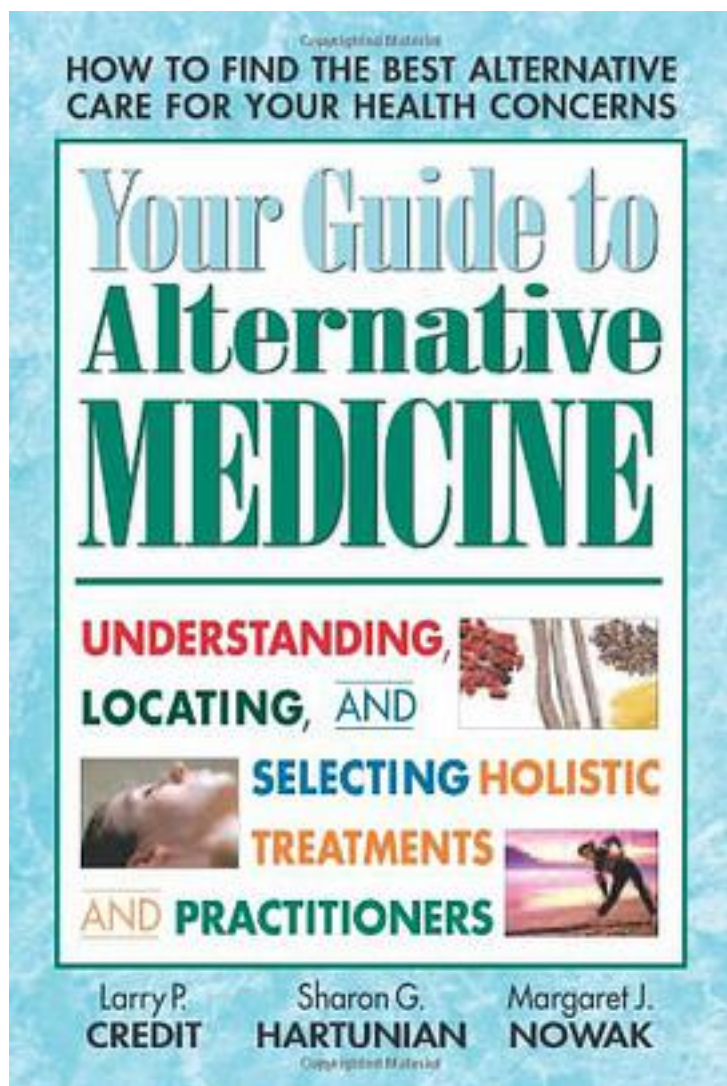# Your Guide to Alternative Medicine

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The growing world of complementary medicine offers safe and effective solutions to many health disorders, from backache to headache. You may already be interested in some of the alternative care approaches that are attracting growing attention--acupuncture, chiropractic, homeopathy, and various types of massage, for example. But if you're like most people, you have a hundred and one questions you'd like answered before you choose a treatment. "Will I feel the acupuncture needles?" "Does chiropractic hurt?" "What is a homeopathic remedy?" Your Guide to Alternative Medicine provides the fundamental facts and practical guidance necessary to choose an effective complementary care therapy and begin treatment. This comprehensive reference clearly explains numerous approaches in an easy-to-read quick-reference format. For every complementary care option discussed, there is a description and brief history; a list of conditions that respond; information on the cost and duration of treatment; credentials and educational background for practitioners; a directory of professional organizations that can offer you further information; and more. To find those therapies most appropriate for a specific condition, there is also a unique troubleshooting chart that lists common disorders along with the complementary approaches best suited to treat them. Your Guide to Alternative Medicine introduces you to options that you may never have considered--techniques that enhance the body's natural healing potential and have few, if any, side effects. Here is a reference that can help you make informed decisions about all your important healthcare needs.

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