

# Encyclopedia of Natural Medicine, Revised 2nd Edition

REVISED 2nd EDITION OF THE 400,000-COPY BESTSELLER!

# Encyclopedia of NATURAL MEDICINE

Revised 2nd Edition

Your comprehensive, user-friendly A-to-Z guide to treating more than 70 medical conditions—from arthritis to varicose veins, from cancer to heart disease.



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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.

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