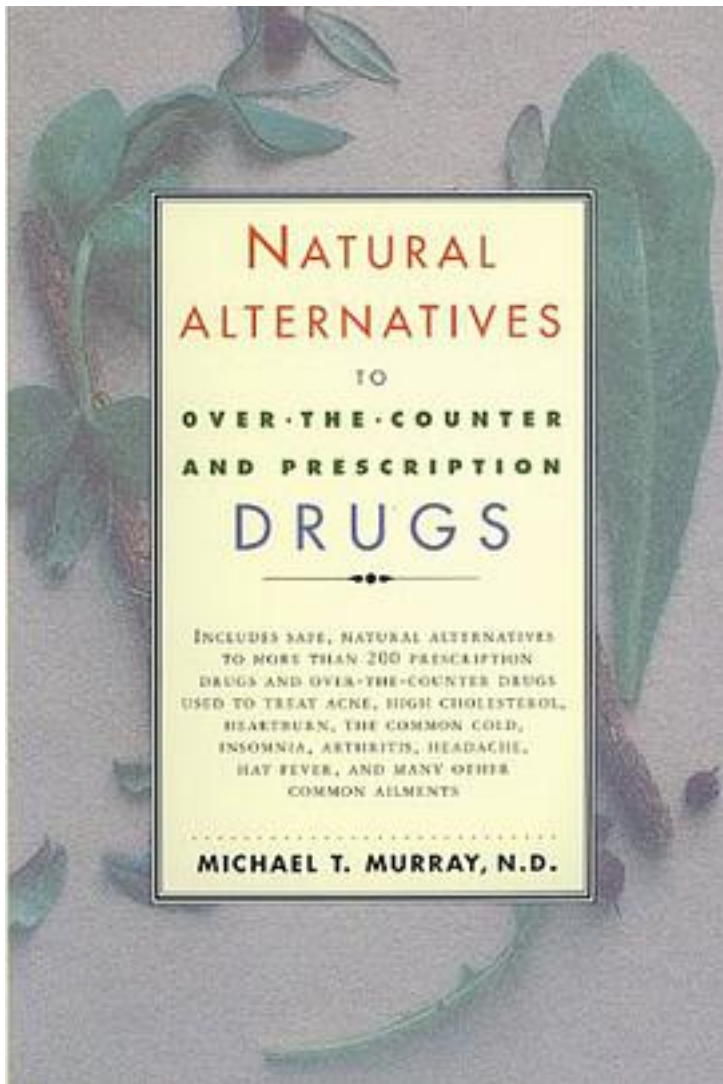


# Natural Alternatives (o T C) to Over-The-counter and Prescription Drugs



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Is there really a safer, more effective natural alternative to most prescription and over-the-counter medicines? Yes. In *Natural Alternatives to Over-the-Counter and Prescription Drugs*, his groundbreaking book, naturopathic physician Michael T. Murray provides specific natural alternatives to some of the drugs most used by Americans, including Tagamet, Prednisone, Seldane, and Zantac. Examining the side effects and effectiveness of many of the drugs used today, Murray shows how these drugs can be replaced with less expensive natural remedies whose medicinal benefits have been proven in clinical studies. He discusses how herbs, vitamins, minerals, extracts, and ointments can be used to bring relief from a wide array of specific ailments, including: Diabetes Asthma, hay fever, and the common cold High blood pressure and high cholesterol Arthritis Heartburn and headache Insomnia With easy-to-understand charts, graphs, and tables throughout, *Natural Alternatives to Over-the-Counter and Prescription Drugs* offers detailed, practical information that will help readers live a fuller, healthier life--free from pharmaceutical medicines.

作者介绍:

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