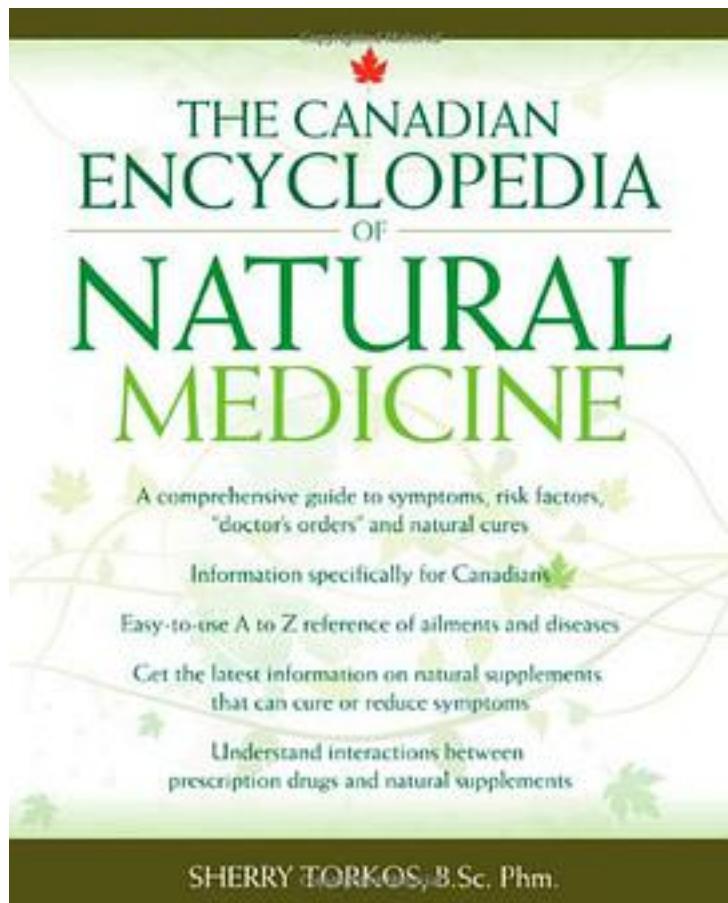


The Canadian Encyclopedia of Natural Medicine



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Natural solutions for living a clean and healthy life Health consciousness is an area of transformational and unprecedented growth in the North American public today. More and more people are seeking alternative solutions to conventional medical practices. For many, a natural approach to healing everything from common ailments to serious

diseases is preferable when compared to the invasive medical procedures and prescription drugs that abound. Sherry Torkos, one of Canada's leading pharmacists is widely regarded for her knowledge of complementary medicine. Her latest book, The Canadian Encyclopedia of Natural Cures, is the definitive source for alternative health care for Canadians; it is totally comprehensive and easy-to-follow, providing natural cures for everyday problems such as insect bites and muscle aches, as well as for serious chronic disorders such as osteoporosis, Parkinson's disease, and diabetes. Torkos emphasizes the role of lifestyle, nutrition, exercise and supplements in optimizing health and preventing disease. This book features a detailed A to Z reference of ailments and disease, with the latest information on the natural cures that have been proven to assist in their treatment. Detailed information will also advise readers of potential drug interactions that can occur when supplements are taken alongside prescribed medications. Canadians seeking to create a more holistic and personalized health program for themselves and for their families will turn to this reference time and time again.

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