

# Your Best Medicine



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出版者:

出版时间:2009-4

装帧:

isbn:9781594868498

Integrative medicine - the practice of combining remedies from various therapeutic disciplines to optimize relief and speed healing is transforming both how health professionals treat disease and how patients manage their own care. "Your Best Medicine" introduces the reader to this new world of healing options for everyday ailments like dry skin, fatigue, and indigestion as well as more serious conditions like diabetes, heart disease, and obesity. All of the treatments and techniques in "Your Best Medicine" have been handpicked by two practitioners - one a conventionally trained MD, the other a specialist in complementary therapies based on established therapeutic protocols, research evidence, and clinical experience. Conventional and complementary remedies appear side by side so readers can evaluate at a glance the remedies' relative effectiveness, safety, and ease of use. Every entry in "Your Best Medicine" also provides important information on risk factors, symptoms, and diagnostic techniques, as well as preventive measures. Armed with this knowledge, readers can make decisions wisely and confidently at every stage of their care.

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