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## 500 Treatments for 100 Ailments: Integrated and Conventional Medicine for the Most Common Illness

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Chartwell Books. Paperback. Condition: New. 512 pages. Alternative health practices have a tradition of providing relief to people for hundreds (and in some cases, for thousands) of years. But doctors often suggest just one course of treatment, and you may not realize just how many options are available. This unique all-in-one guide puts everything you need to know about traditional and alternative medicine right at your fingertips. Its authors are leading practitioners in five different fields: conventional medicine, homeopathy, traditional Chinese medicine, herbalism, and naturopathy. They write on everything from aches and pains, sexual dysfunction, and the common cold to mind an spirit, anxiety, and general first aid. Free of medical jargon, the text is written in such a way meant to help the readers quickly and easily diagnose your symptoms and identify treatment. The information in this book will allow you to take control of your healthcare and better understand the choices open to you. For each of the 100 ailments, this book will let you compare traditional medicine side-by-side with four alternative treatments to help you decide which type of therapy best suits you and your family. 500 Treatments for 100 Ailments is an invaluable integrated medical resource...



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