

# *Prescription for* **NATURAL CURES**

From  
America's  
Leading Natural  
Health Expert

*A Self-Care Guide for  
Treating Health Problems with Natural  
Remedies Including Diet and Nutrition,  
Nutritional Supplements, Bodywork,  
and More*

**JAMES F. BALCH, M.D.**

coauthor of *Prescription for Nutritional Healing*

**MARK STENGLER, N.D.**

*James Balch and*  
**Prescription for Natural Cures**



[continue reading](#)

The all-in-one natural health resource your family can trust Dr. James Balch coauthored Prescription for Nutritional Recovery, which became the 1st major popular information to the recovery power of foods and natural supplements, selling a lot more than 8 million copies in all its editions. Now, Dr. Balch and Dr. You haven't seen natural health assistance as helpful, targeted, and available as this\* Crystal clear, authoritative guidance on dietary changes, healing foods, natural supplements, and recommended exams\* Easy-to-understand discussions of the symptoms and root causes of each health problem \* Down-to-earth descriptions of each natural remedy\* A source information to holistic practitioners This breakthrough resource is essential if you would like to get better--normally Organized by issue from A to Z, this invaluable guidebook features:\* The unique Super Seven Prescriptions for every condition, which provide specific and practical remedies to help heal your problem. Prescription for Natural Treatments provides a complete normal Rx for each condition, giving you a proven, organic, customized prescription that can include supplements, herbal medication, homeopathy, aromatherapy, Chinese medicine, hydrotherapy, bodywork, natural hormones, and other normal cures furthermore to nutritional advice. Mark Stengler present a new natural health resource that you can't afford to be without--a extensive reference of natural remedies for common ailments, including:\* acne\* allergies\* arthritis\* asthma\* back pain\* cancer\* depression\* fibromyalgia\* heart disease\* hypothyroidism\* influenza\* irritable bowel syndrome\* menopause\* osteoporosis\* stroke\* Syndrome X\* varicose veins, and more--almost 200 health issues and conditions in all.



[continue reading](#)



Amazing methods to help your healing. She loves the book and explained she is learning a lot of facts about her disease. It could save you a vacation to the doctor's office and enable you to do yourself a favour quickly and economically. Actually, I ordered this reserve for my mother and she has been happy with it. Satisfied Customer Very content with my purchase. Great for anyone interested in natural remedies. Order for my mother and she actually is very pleased with the content I inadvertently entered a review for this books that was for another reserve that I ordered. I have been unable to delete the errant review for this book therefore please disregard it. Recommend. Excellent book with an abundance of information. I have bought many copies of the book to give to friends and family. re: great reserve to have I got this for my baby sister who has copd and wanted to gain some great understanding of it. I appeared up Arthritis and Back Discomfort and I do not really suffer from some of those ailments. Great reserve that covers the root causes and then gives a natural approach through meals and supplements. Each subject (ailment) has an RX section with sumpplements for the remedy.! IT WORKS!! It covers everything from A to Z. Extremely interesting and amazing to find ways to help you in virtually any health situation you might have. I already experienced one before I got this for her. Thanks Among the best books ever This is a very well-researched book on health insurance and natural healing. Five Stars Great info, thanks Three Stars Satisfied. You should examine this book before going to see a medical expert. I really enjoy this book. An absolute must have for everybody who would like good health. This reserve addresses the symptom, real cause of diseases, approach to testing, diet and treatment. Good read! Five Stars GREAT Natural Cures that work! Five Stars I enjoyed this book.



[continue reading](#)

download free Prescription for Natural Cures ebook

download Prescription for Natural Cures txt

[download free The Carbohydrate Addict's Cookbook: 250 All-New Low-Carb Recipes That Will Cut Your Cravings and Keep You Slim for Life epub](#)  
[download free American Dietetic Association Complete Food and Nutrition Guide ebook](#)  
[download Buckets of Money: How to Retire in Comfort and Safety fb2](#)