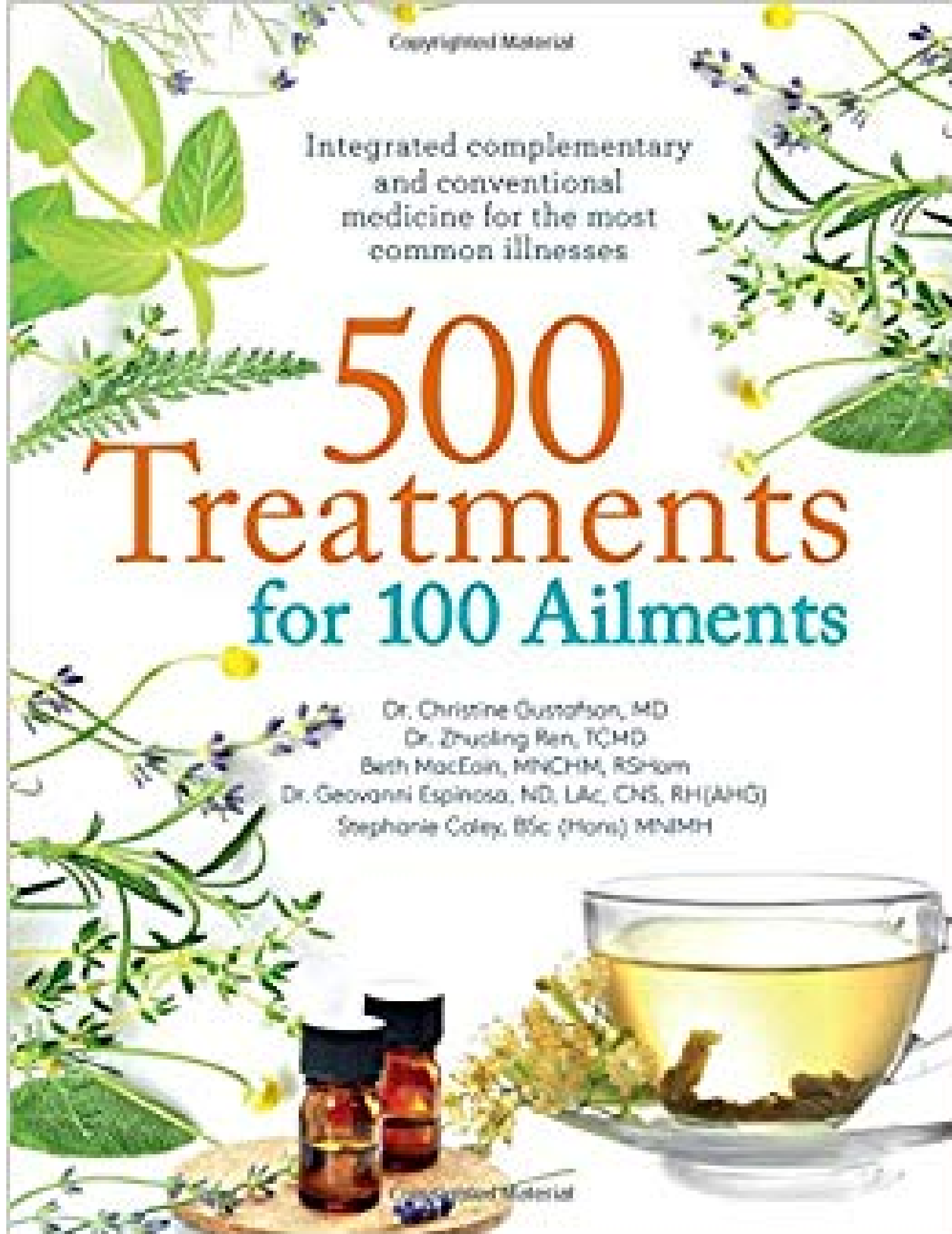


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Integrated complementary  
and conventional  
medicine for the most  
common illnesses

# 500 Treatments for 100 Ailments

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



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Alternate health practices have a tradition of providing relief to people for a large number of years. Each ailment can be offered four side-by-side, alternative, treatments so you might see which therapy greatest suits you and your family members. Its authors are leading practitioners in five different fields: conventional medication, homeopathy, traditional Chinese medicine, herbalism, and naturopathy. This unique, all-in-one guide puts all you need to learn about traditional and alternate medicine right close at hand. Free of medical jargon, the text is written therefore readers may efficiently diagnose your symptoms, and identify treatment. However, doctors often provide just one course of treatment whenever there are so many other options. They write on from aches and pains, to sexual dysfunction, the normal cold, brain and spirit, anxiety, and general medical. Manage your healthcare and better understand the choices open to you!



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Great reference book!) Personal Issues: premenstrual syndrome, period pains, candidiasis, fibroids, menopause, warm flashes, prostatitis, impotence, rectal bleeding, chlamydia, herpes. It addresses 100 different ailments, and covers these main 5 types of medicine for every: conventional medication, traditional Chinese medicine, herbalism, naturopathy, and homeopathy. This may save a doctor's visit by understanding if its available over-the-counter, likely a virus it doesn't need medicine, etc. I found this reserve covered all the main things I was thinking about, and I loved having 5 perspectives to choose from. It had been very informational. Because of NetGalley, the author and the publisher for the ARC of this book in return for my honest review. I would definitely recommend this book to anyone seeking to try different things, or even a person who wants to have a list of the symptoms for these readily available and the normal conventional medicine response. If you're looking to try and get into these types of alternative medicine or just want to start out trying more natural treatments in general, that is a great resource book for just that. A medical reference reserve with alternative Holistic treatment plans I wanted a medical reference publication with alternative Holistic treatment options to common household ailments. In the book, they are arranged by parts of the body:1.) Skin: dermatitis, eczema, psoriasis, scabies, boils, cradle cap, pimples, impetigo, chills sores, abscess, ringworm, warts, diaper rash, athlete's foot, corns and callouses, plantar warts. This book is awesome! I especially liked the way it gave you numerous kinds of treatments, (regular, chinese medication, naturopathy, homeopath and herbalism). This is the perfect book that houses should have readily available.) Ears, Nose, and Throat: common chills, ear infection, swimmer's ear, tinnitus, allergic rhinitis, sinusitis, nosebleeds, laryngitis, sore throat, strep throat, tonsillitis.4.) Digestive System and Urinary Tract: diabetes, acid reflux, heartburn, indigestion, colic, vomiting, constipation, diarrhea, colitis, irritable bowel syndrome, gallstones, hemorrhoids, urinary tract contamination, cystitis, kidney stones. I will be providing this as a marriage shower.6.) Aches and Pains: arthritis, arthritis rheumatoid, osteoporosis, muscle cramps, chronic exhaustion syndrome, sprains, tendonitis, headache, migraine, neuralgia, repetitive strain damage, carpal tunnel syndrome, back discomfort, sciatica, hernia, knee pain. Very informative. This is a great, thorough book on alternative medicine. Great price, great reserve!. This is a good book to have.) MEDICAL: insect bites, cuts, burns, sunstroke, sunburn, hangover, chickenpox. A Must Have I must say I enjoyed this book.) Eyes and Mouth area: conjunctivitis, glaucoma, stye, gingivitis, periodontitis, oral thrush, toothache, teething, sensitive tooth. I was actually battling with among the ailments listed and will try a few of the suggestions supplied.9. Each section also does a great job describing the symptoms of each ailment. 500 Treatments for 100 Ailments 500 Treatments for 100 Ailments by Beth MacEoin is a free NetGalley ebook that I read in past due January. Written by a total of 5 doctors and homeopathic practitioners, each one of the 100 ailments are examined from their individual perspectives (conventional/Western medicine, holistic naturopathy, herbal/acupuncture/acupressure Chinese medicine, herbalism and plant remedies, and the diluted remedies of homeopathy) to point the precipitating points of flareups, situational symptoms, tips, cautions, and goals designed for treatment. There doesn't seem to be a desk of contents posted about any of the major sites by yet, so this is a set of the 100 ailments included.3. As I read through the publication, I quickly thought to myself, "I didn't know that".5) The respiratory system and Circulation: flu, fever and chills, asthma, croup, bronchitis, cough, pneumonia, high blood pressure, overactive thyroid, underactive thyroid, anemia.8.2.7.) Brain and Spirit: tension, insomnia, anxiety, depression, anxiety attacks, post-traumatic tension disorder, seasonal affective disorder. an encyclopedia of sorts. I recommend!!! first saw it at a significant book store four times the price of what it is on Amazon. I flipped through it, treasured

it, and got it on amazon right away.



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