



Natural Physician's Healing Therapies: Proven Remedies that Medical Doctors Don't Know

Mark Stengler

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Based on Stengler's extensive experience practicing and studying natural therapies, this book offers sound advice to help readers protect their health and fight illness with natural therapies. For each of the 100 therapies featured in the book, Dr. Stengler tells exactly what doses or treatments are effective; how often they should be used; and which conditions can be treated. The "Quick Cure Finder" gives fingertip access to the cure for a specific ailment or symptom. A comprehensive list of resources includes sources for herbs and supplements, practitioners of homeopathic medicine, and sources of exercise and natural therapy equipment. Newly discovered supplements are listed such as Calcium D-Glucarate for sweeping toxins out of the body, Ipriflavone for fighting osteoporosis, and Lomatium Root for enhancing the immune system. This easy-to-use guide provides reliable, authoritative information about the natural solutions that ensure better health.

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