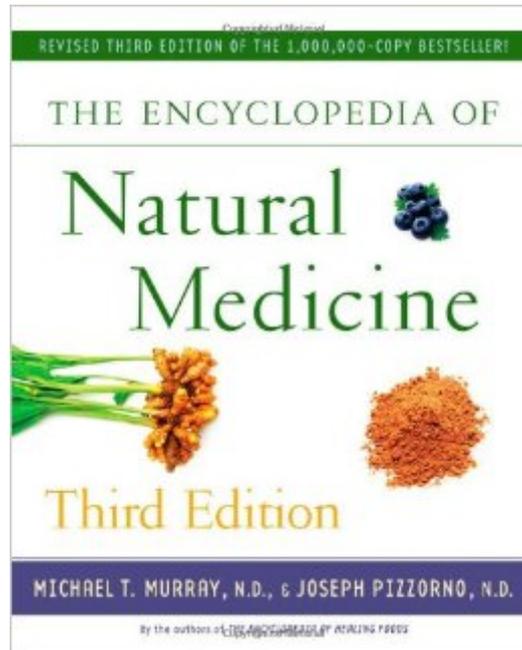


The book was found

# The Encyclopedia Of Natural Medicine Third Edition



## Synopsis

The most comprehensive and practical guide available to the extraordinary healing powers of natural medicine. From the world-renowned naturopathic doctors and bestselling authors of *The Encyclopedia of Healing Foods* comes the authoritative third edition of the classic reference work, revised and expanded to include the latest cutting-edge natural therapies for the most common ailments. Michael Murray and Joseph Pizzorno focus on promoting health and treating disease with nontoxic, natural therapies. This groundbreaking book "the leader in its field" shows you how to improve your health through a positive mental attitude, a healthy lifestyle, a health-promoting diet, and supplements, along with plenty of practical tips. Murray and Pizzorno present an evidence-based approach to wellness, based on firm scientific findings. They aim to dispel the notion that natural medicine isn't "real medicine," offering examples and studies that show the efficacy of a holistic approach to patient care. This book grounds the reader in the seven major tenets of natural medicine and covers important topics in health care today, including cancer prevention, detoxification, and internal cleansing. Written in an easy-to-follow A-Z format, *The Encyclopedia of Natural Medicine* offers holistic approaches for treating more than 80 common ailments, including diabetes, celiac disease, endometriosis, and more. Furthermore, it gives you:

- Ways to prevent disease through enhancing key body systems
- The major causes and symptoms of each condition
- The therapeutic considerations you need to be aware of
- Detailed treatment summaries that include the most effective nutritional supplements and botanical medicines

And much more. This groundbreaking text is a perfect introduction to the world of natural medicine, providing clear guidance in the use of the best natural remedies for all kinds of illnesses, big and small. *The Encyclopedia of Natural Medicine* is a valuable health reference and essential reading for anyone seeking to better their health. \*\*\* DID YOU KNOW? A cancer-related checkup is recommended every 3 years for people aged 20 to 40 and every year for people aged 40 or older. This exam should include health counseling and, depending on a person's age and gender, might include examinations for cancers of the thyroid, oral cavity, skin, lymph nodes, testes, or ovaries, as well as for some nonmalignant diseases. A high dietary intake of vitamin C has been shown to significantly reduce the risk of death from heart attacks and strokes, as well as all other causes including cancer. Many clinical and experimental studies have clearly demonstrated that stress, personality, attitude, and emotion are etiologic or contributory in suppressing the immune system as well as leading to the development of many diverse diseases. Regular exercise has been demonstrated to provide benefit to individuals with immunodeficiency diseases, particularly through stress alleviation and mood enhancement. HIV-positive individuals had increases in CD4,

CD8, and natural killer (NK) cells immediately following aerobic exercise. Melatonin exerts significant anticancer effects, especially against breast cancer. Vitamin E not only improves insulin action, it also exerts a number of beneficial effects when taken at dosages ranging from 400 to 800 IU, which may aid in preventing the long-term complications of diabetes. Find out all of this and more in The Encyclopedia of Natural Medicine!

## Book Information

Paperback: 1232 pages

Publisher: Atria Books; 3 edition (July 10, 2012)

Language: English

ISBN-10: 1451663005

ISBN-13: 978-1451663006

Product Dimensions: 7.4 x 2.4 x 9.2 inches

Shipping Weight: 4.6 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (124 customer reviews)

Best Sellers Rank: #10,691 in Books (See Top 100 in Books) #9 in [Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy](#) #29 in [Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies](#) #49 in [Books > Health, Fitness & Dieting > Alternative Medicine > Healing](#)

## Customer Reviews

THE MOST COMPREHENSIVE AND PRACTICAL GUIDE AVAILABLE TO THE EXTRAORDINARY HEALING POWERS OF NATURAL MEDICINE"From the world-renowned naturopathic doctors and bestselling authors of The Encyclopedia of Healing Foods comes the authoritative third edition of the classic reference work, revised and expanded to include the latest cutting-edge natural therapies for the most common ailments. Michael Murray and Joseph Pizzorno focus on promoting health and treating disease with nontoxic, natural therapies. This groundbreaking book--the leader in its field--shows you how to improve your health through a positive mental attitude, a healthy lifestyle, a health-promoting diet, and supplements, along with plenty of practical tips.Murray and Pizzorno present an evidence-based approach to wellness, based on firm scientific findings. They aim to dispel the notion that natural medicine isn't "real medicine," offering examples and studies that show the efficacy of a holistic approach to patient care. This book grounds the reader in the seven major tenets of natural medicine and covers important topics in health care today, including cancer prevention, detoxification, and internal

cleansing. Written in an easy-to-follow A-Z format, The Encyclopedia of Natural Medicine offers holistic approaches for treating more than 80 common ailments, including diabetes, celiac disease, endometriosis, and more.

[Download to continue reading...](#)

Third Eye: Awakening Your Third Eye Chakra: Beginner's Guide (Third Eye, Third Eye Chakra, Third Eye Awakening, Chakras) Third Eye: Third Eye Activation Secrets (Third Eye Awakening, Pineal Gland, Third Eye Chakra, Open Third Eye) The Encyclopedia of Natural Medicine Third Edition Women's Encyclopedia of Natural Medicine: Alternative Therapies and Integrative Medicine for Total Health and Wellness Herbal Remedies: The Ultimate Guide to Herbal Healing, Magic, Medicine, Antivirals, Antibiotics, herbs, Alternative Medicine, Magic, Medicine, Antivirals, ... Oils, Depression Cure, Natural Remedies,) Natural Medicine and Herbs: 50+ Natural Medicine to Reduce Anxiety, Depression, and Ailments from Your Body: (Essential Oils, Aromatherapy, Herbal Remedies, Supplements, Healing, Vitamins) Natural Remedies for Dogs : 101 Safe & Natural Essential Oils' Remedies for Your DOG: (Natural Remedies For Dogs, Essential Oils Remedies For Dogs, Natural Dog Care, Recipes For Dogs, Home Remedies) Survival Medicine Handbook: Essential Things Every Medicine Kit Needs And First-aid In Case Of Emergency: (Survival Books, Survival Guide, Survivalist, ... (Survival Skills Book, Emergency Medicine) Essential Oils for Dogs: 100 Easy and Safe Essential Oil Recipes to Solve your Dog's Health Problems (Alternative animal medicine, Small mammal Medicine, Aromatherapy, Holistic medicine) Veterinary Laboratory Medicine, An Issue of Clinics in Laboratory Medicine, 1e (The Clinics: Internal Medicine) Encyclopedia of Natural Remedies, The: A Comprehensive Reference Guide with The Latest Scientific Research on Herbal Medicine Third Eye Awakening: The Ultimate Guide on How to Open Your Third Eye Chakra to Experience Higher Consciousness and a State of Enlightenment (Third Eye, Pineal Gland, Chakra, Kundalini) The Illustrated Encyclopedia of Natural Remedies: Over 1000 Natural Remedies for the Prevention, Treatment, and Cure of Common Ailments and Conditions Prescription for Natural Cures: A Self-Care Guide for Treating Health Problems with Natural Remedies Including Diet, Nutrition, Supplements, and Other Holistic Methods, Third Edition High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High BI) Natural Relief from Asthma (Natural Health Guide) (Alive Natural Health Guides) The Idea of Natural Rights: Studies on Natural Rights, Natural Law, and Church Law 1150 1625 (Emory University Studies in Law and Religion) Encyclopedia of Herbal Medicine, 3rd Edition Collector's Encyclopedia Depression Glass (Collector's Encyclopedia of Depression Glass) The Collector's Encyclopedia of

Salt & Pepper Shakers: Figural and Novelty (Collector's Encyclopedia of Figural & Novelty Salt & Pepper)

[Dmca](#)