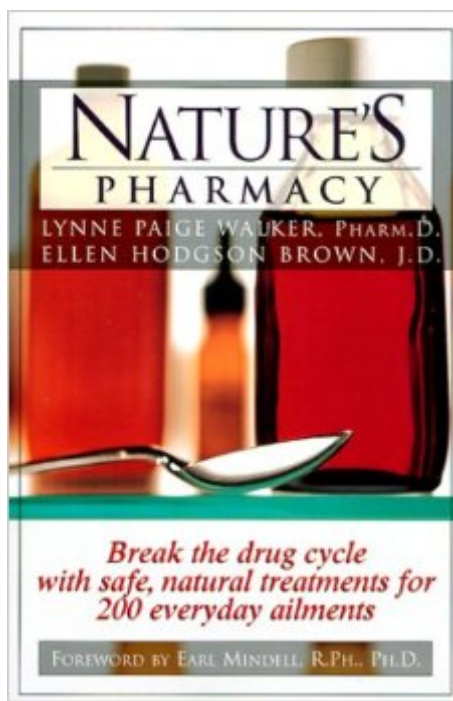


The book was found

# Nature's Pharmacy



## Synopsis

The definitive, A to Z guide to combating disease and enjoying optimal health--naturally ]This straightforward resource compendium takes the guesswork out of finding safe and reliable natural approaches to healing. It gives readers the knowledge and confidence to battle disease and enjoy great health--drug-and-surgery free. Packed with timely facts and practical information, NATURE'S PHARMACY cuts to the heart of what works and what doesn't. Arranged alphabetically by ailment, it covers 200 common conditions, ranging from acne to Lyme Disease to whooping cough. For each disorder, readers will discover the underlying causes, warning signs, and best methods of treatment. The authors compare traditional doctor's orders with natural alternatives, including herbs, nutritional supplements, and essential oils. Throughout, they highlight the best brands and dosage ranges, as well as potential side effects and dangers. They also offer plenty of targeted tips on diet, exercise, meditation, color therapy, motivational thinking, and other health-boosters. Backed by extensive research and filled with lively patient histories and testimonials, NATURE'S PHARMACY is a proven guide to getting and staying well--naturally.

## Book Information

Paperback: 432 pages

Publisher: Prentice Hall Press (October 22, 1999)

Language: English

ISBN-10: 0735201226

ISBN-13: 978-0735201224

Product Dimensions: 6.1 x 1.2 x 8.9 inches

Shipping Weight: 1.5 pounds

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #1,984,041 in Books (See Top 100 in Books) #106 in [Books > Health, Fitness & Dieting > Alternative Medicine > Reference](#) #1241 in [Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy](#) #1525 in [Books > Reference > Encyclopedias & Subject Guides > Business](#)

## Customer Reviews

Pharmaceutical drugs and their long-term side effects are the direct or remote cause of many of our "most popular" modern diseases. A symptom tells us there is a body imbalance; pharmaceutical drugs usually attack the symptom and suppress the body's natural healing ability. Walker and Brown advocate a different approach: removing the blocks to healing and promoting the vital force within

our bodies that keeps our immune system and organs functioning normally. (The simplest "natural cure" they cite is universally available, inexpensive, and so common we overlook it-- pure water.) There is an introductory discussion of homeopathics, but this is NOT a handbook on homeopathics, and you don't have to be "into" homeopathics at all to find this book helpful. The authors cite many ailments or diseases A-Z. The explanation of each ailment is followed by various headings such as: Drug Treatment (the standard prescription), Conventional Treatment, Natural Alternatives, Nutritional Supplementation, Homeopathic Remedies, Dietary Modification, Things to Avoid, Helpful Tips. What I found especially helpful was the unconventional causes (which often seemed intuitively correct to me) listed under various ailments or diseases. It made it possible to correlate separate problems as stemming from core deficiencies or assaults on my body's immune system. With this new understanding, implementing the natural alternatives suggested by the authors made sense. The format makes it easy to "check out" various diseases or symptoms and quickly locate healthful alternatives to drug therapy.

You don't need Big Pharma.

great reference

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

The Pharmacy Technician (American Pharmacists Association Basic Pharmacy & Pharmacology)  
Practical Pharmacology for the Pharmacy Technician (Lww Pharmacy Technician Education)  
Clinical Pharmacy and Therapeutics/Workbook for Clinical Pharmacy and Therapeutics Nature's  
Pharmacy Bringing Nature Home: Floral Arrangements Inspired by Nature Wonders of the World:  
Mother Nature at Work: Nature Books for Kids (Children's Mystery & Wonders Books) FISH: Fun  
Facts and Incredible Pictures on Animals and Nature: Fish (AGE 7-12) (Children's Books on  
Animals & Nature, fish,) IP6: Nature's Revolutionary Cancer Fighter: Nature's Revolutionary  
Cancer-Fighter Genetically Engineered Food: Changing the Nature of Nature Genetically  
Engineered Food: Changing the Nature of Nature: What You Need to Know to Protect Yourself,  
Your Family, and Our Planet It's Just My Nature! A Guide To Knowing and Living Your True Nature  
Nature Conservation in Greenland: Research, Nature and Wildlife Management := Naturbevaring I  
GrÃfÃ\_nland: Forskning, Naturog Vildtforvaltning := ... (English and Danish Edition) Beyond  
Ecophobia: Reclaiming the Heart in Nature Education (Nature Literacy Series, Vol. 1) The Nature of  
Theoretical Thinking in Nursing: Third Edition (Kim, The Nature of Theoretical Thinking in Nursing)  
Nature Spirits & Elemental Beings: Working with the Intelligence in Nature Weeds of the South

(Wormsloe Foundation Nature Book) (Wormsloe Foundation Nature Book Ser.) The Green  
Pharmacy Anti-Aging Prescriptions: Herbs, Foods, and Natural Formulas to Keep You Young The  
People's Pharmacy Quick and Handy Home Remedies: Q&As for Your Common Ailments  
Pharmacy Practice and Tort Law Pharmacy Practice And The Law

[Dmca](#)