

Synopsis

This comprehensive and authoritative guide is an indispensable reference, containing all you need to know about healing with complementary and alternative techniques and therapies. With detailed sections covering Ayurveda, Chinese Herbal Medicine, Traditional Home and Folk Remedies, Homeopathy, Aromatherapy, Flower Remedies, Vitamins and Minerals, and Herbalism, this quick reference family guide includes: the history and background to each therapy, descriptions of the most useful remedies, a comprehensive list of ailments and suggested treatments, alternative first aid remedies, and how to stock a home healing medicine chest. --This text refers to an out of print or unavailable edition of this title.

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Customer Reviews

I have bought many books on alternative medical remedies, but this was one was by far the best. The book is well laid out, easy to read and understand and has easy to follow instructions. It contains remedies from Chinese Herbal, Traditional, Homeopathy, Aromatherapy and even Folk! I have found many uses for this book and already have dog eared pages! This is a definite must-have for anyone interested in alternative remedies and especially for someone building a medical library - you'll just be amazed!

Extremely happy with purchase. It is like a real Encyclopedia. Ton of information. Huge heavy soft covered book. Surprised at not finding a new one but happy the used one turned out to be very clean. PROS: Great illustrations and pictures of plants, emphasis on being well cross-referenced, very detailed in most areas. Plenty of options for ailments using home remedies. Has great

information/cautions on how one can 'overdose' on some things, as a nurse I have plenty of books and often these cautions are not too detailed...this one is and I applaud it most sincerely. Great self diagnosing could be done by going to the category sections for say skin or respiratory and getting a good idea of the possible problem. With the cost of healthcare & so many opting for paying a penalty to President BHO system, as people lost their job or health coverage, or both, or can no longer afford a healthcare plan--this would be a great place to start to cover those problems we all have to contend with, and need to be able to still pay for food and expenses. Have no CONS as this one a winner. Arrived intact and on time. Would HIGHLY RECOMMEND.

I just finished using this book & it is quite helpful. There are useful color pictures of herbs and instructions are easy to follow. There are sections on Ayurveda, using fresh flowers etc.. Learned alot of tips from Dr. Shealy's illustrated book. It is like a coffee table bk. but it is worth buying just for the beautiful way that it looks. He tells you about the history of different alternative ways of treating illnesses. There are references at the back of the book, so you can check out other places of therapy. Good bk.

This is the book I'd been waiting for and didn't even know it! I'd had a few other encyclopedias or reference books over the years, and I gave them all away after a few days of owning this because it was all I turned to. I'm in in for one reason or another every week. This book is a truly awesome collection of all natural health information.

I have several herbal and natural healing books, and this one is my go-to. I keep it on my kitchen counter with my favorite recipe books. It offers everything from herbal remedies to aromatherapy and homeopathy, organized by problem as well as by herb.

I love the illustrated Encyclopedia of Healing Remedies! This is already my second edition - I gave one to my family so I was ordering me another one. It has so many valuable hints and knowledge about natural healing remedies and healthy eating habits and it is a blessings! I am deeply appreciating the author for its creation! Thank you Norman Shealy

This book is so easy to use and understand. It presents each item individually and also has a section that covers most problems that people face from upset stomachs to headaches to Cancer. Obviously some remedies seem far fetched but the vitamin section makes good sense and gives you

much more information than the vitamin bottles at the store!

a friend of mine loaned me his Illustrated Encyclopedia of Healing Remedies book and I found the answer to a health issue immediately. Tried the treatment it recommended and within a couple of days I saw great improvement. It is easy to read and it was easy to find what I was looking for. A wealth of knowledge here. It was such a wealth of knowledge I had to buy it for my own library.

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