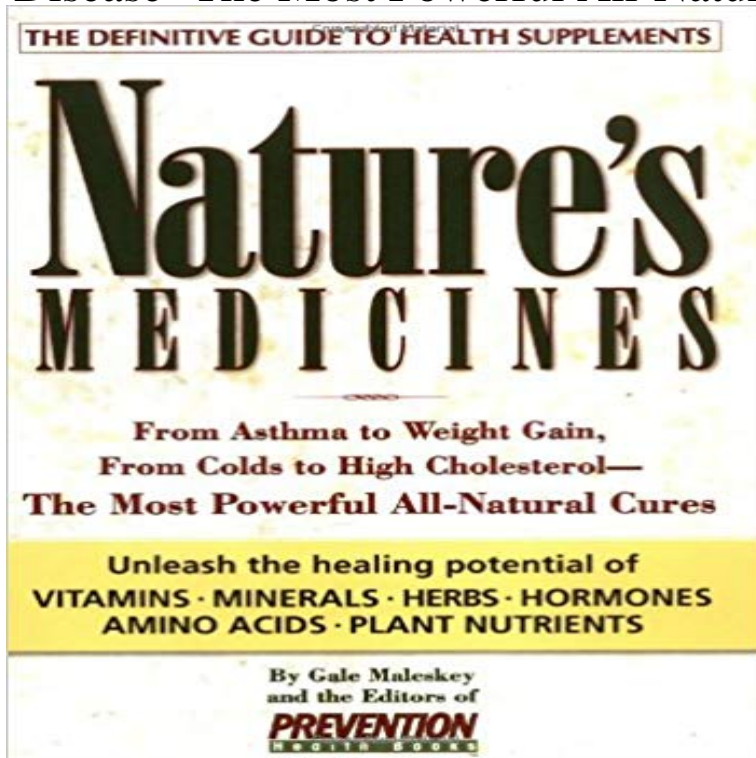


Natures Medicines: From Asthma to Weight Gain, from Colds to Heart Disease- The Most Powerful All-Natural Cures



Natures Medicines More than 2 years in the making, Natures Medicines is the most responsible health-supplement guide ever written. Leading consumers through the ever-growing maze of vitamins, minerals, herbals, and brand-new natural supplements, this book covers every category of natural products--essential antioxidants like vitamins C and E and beta-carotene; immunity-building and mood-altering herbal medicines such as echinacea, ginkgo, and St. Johns wort; and controversial, headline-making supplements such as bioflavonoids, gamma-linolenic acid, lecithin, choline, and phytonutrients. Each supplement has been scrutinized by the experienced team of health writers and researchers from Prevention Health Books, the most respected name in consumer health publishing. You'll find a wealth of ready-to-use, practical advice that includes: Exact recommendations to help you choose the most effective supplements to fight or prevent more than 75 common health conditions The latest breakthrough research proving the potency of selected supplements Expert opinions from leading doctors and health practitioners about optimal dosages and mixtures Cautions and warnings to make sure that you protect yourself from allergies, adverse interactions, and overdoses Up-to-date information about controversial new remedies that offer unprecedented opportunities for self-care and treatment For the millions of people who are now using supplements as an important part of their personal health-care programs, Natures Medicines is the definitive guide to exploring the newest frontiers of healing. What is the mysterious healing power behind the scores of supplements that have been called miracle medicines? Why are many of these supplements so potent? In Natures Medicines, you'll find up-to-date information on the most

controversial and powerful health supplements on the market. Vitamins and minerals: Find out which can prevent arthritis, cancer, and heart disease--and add years to your life. Natures herbs: Discover the herbal supplements that boost immunity, relieve stress, remove toxins, and pump up your energy. Emerging supplements: Find out what you're really getting when you buy highly publicized supplements like bee pollen, coenzyme Q10, melatonin, shark cartilage, and more. How effective are they? What have researchers discovered about how they work? You'll find exact recommendations from M.D.s, alternative practitioners, and herbalists, including: The new memory aid (page 320)--a Chinese herb that can help protect your brain from damage due to aging, heart disease, or toxins. The new cure for high cholesterol (page 483)--an herb that can lower cholesterol and triglyceride levels, raise HDL levels, and promote weight loss. The new pain medicine (page 561)--a natural anti-inflammatory that acts like a home-style ibuprofen. The new arthritis cure (page 566)--a supplement that can slow the loss of cartilage by pumping more cartilage-generating nutrients into the body. And much more--in all, more than 95 supplements to prevent or cure common diseases and health conditions. Comprehensive, authoritative, and illuminating, this book is an absolutely essential resource to meet your personal and family health needs.

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