



Illustrated Encyclopedia of Healing Remedies: Over 1,000 Natural Remedies for the Prevention, Treatment, and Cure of Common Ailments and Conditions, C. Norman Shealy, HarperCollins Publishers Limited, 1999, 186204516X, 9781862045163, . This exceptional, full-color encyclopedia provides a complete chapter on each of the eight major alternative therapies: Ayurveda, aromatherapy, vitamins and minerals, flower essences, Chinese herbal medicine, folk remedies, herbalism and homeopathy. Written by experts in each field, this book explains everything-from the ailments the therapies treat to their effects. Each chapter includes historical and background information; descriptions of methods, techniques and most useful remedies; up to 60 remedies per therapy; and advice on creating a home remedy chest. In addition, a glossary of terms, list of contacts and further reading is provided to complete this essential guide to alternative medicine..

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The Encyclopedia of Natural Medicine Third Edition , Michael T. Murray, JOSEPH PIZZORNO, Jul 10, 2012, Health & Fitness, 1219 pages. Features up-to-date coverage of holistic remedies for more than eighty common ailments, drawing on research in naturopathy to provide recommendations for topics ranging from

Anatomy of the Spirit The Seven Stages of Power and Healing, Caroline M. Myss, 1996, Health & Fitness, 302 pages. Describes a seven-step process for promoting physical, emotional, and spiritual healing, offering a detailed introduction to the new field of energy medicine.

Kitchen Cures Homemade Remedies for Your Health, Reader's Digest, Sep 1, 2011, , 383 pages. "Practice natural health and healing the modern way with more than 1,000 of the world's best home remedies--cures that work using ingredients located right in your kitchen

A Modern Herbal: I - Z, Volume 2 I - Z, Maud Grieve, 1971, , . .

Prevention natural healing guide, 2000 hundreds of home remedies from America's #1 health magazine, Prevention Health Books, Jan 1, 2000, Health & Fitness, 242 pages. .

Nature doctors pioneers in naturopathic medicine, Friedhelm Kirshfeld, Wade Boyle, 1994, Health & Fitness, 351 pages. .

Planetary Herbology An Integration of Western Herbs Into the Traditional Chinese and Ayurvedic Systems, Michael Tierra, Jan 1, 1999, Herbs, 485 pages. FOR SAAL IN SOUTH ASIA ONLY.

Chinese Traditional Herbal Medicine Volume I Diagnosis and Treatment , Michael Tierra, Lesley Tierra, 1998, Health & Fitness, 418 pages. This first volume focuses on the theory, principles, diagnostic methods and treatment modalities that are an essential part of the practicum of Traditional Chinese Medicine

Tyler's Honest Herbal A Sensible Guide to the Use of Herbs and Related Remedies, , 1999, Family

& Relationships, 442 pages. Viewing herbs from a scientific standpoint, the authors of Tyler's Honest Herbal assess our most important herbs based on available scientific information. Each write-up

A guide to natural home remedies , Liz Bestic, Jun 1, 2002, Health & Fitness, 64 pages. .

Patient Heal Thyself , Jordan Rubin, Jun 1, 2011, Health & Fitness, 288 pages. .

Natural Pharmacy , Lada Manolova, Jan 1, 2003, Health & Fitness, 316 pages. .

The practical encyclopedia of natural healing , Mark Bricklin, 1976, Health & Fitness, 582 pages. 97 entries to diseases and other pathological conditions with comments on adjunctive (to medical treatment) care. Refers also to such techniques as biofeedback, meditation, and

Natural cures "they" don't want you to know about , Kevin Trudeau, Aug 1, 2004, , 275 pages. Includes the natural cures for more than 50 specific diseases!.

Chinese Herbal Medicine Materia Medica, Dan Bensky, Steven Clavey, Erich StÄ¶lger, 2004, , 1311 pages. .

The complete medicinal herbal , Penelope Ody, 1993, Health & Fitness, 192 pages. Describes the healing properties of more than one hundred herbs and lists useful herbal treatments for hundreds of common ailments.

Herbal Medicine From the Heart of the Earth, Sharol Tilgner, Oct 1, 1999, , 384 pages. .

The Illustrated Encyclopedia of Healing Remedies provides an abundance of fascinating facts, self-help guidelines, and authoritative advice on how to prepare your own remedies, and where to find professional help from a trained practitioner. This comprehensive, fully illustrated encyclopedia covers every aspect of eight alternative therapies: Ayurveda, Chinese Herbal Medicine, Traditional Home and Folk Remedies, Herbalism, Aromatherapy, Homeopathy, Flower Remedies, Vitamins and Minerals. Illustrated in full color...

This is a great first book for those interested in the world of medicinal herbs. It presents informations from several different cultures from around the world as well as great color pictures of the plants and instructions on the diffeerent preperations and making them. While there are many other more detailed dources this is a great first book and a great referance book for your library as it continues to grow. Enjoy.

Helping you become an intuitive participant in your own healing, this well-illustrated volume harvests more than 1,000 treatments from many cultures and many ages using herbal medicines, ayurveda, aromatherapy, vitamins and minerals, and homeopathy for the prevention, treatment, and cure of common ailments and conditions. Each therapy section includes history and backgroun...more Helping you become an intuitive participant in your own healing, this well-illustrated volume harvests more than 1,000 treatments from many cultures and many ages using herbal medicines, ayurveda, aromatherapy, vitamins and minerals, and homeopathy for the prevention, treatment, and cure of common ailments and conditions. Each therapy section includes history and background information, a list of ailments with suggested treatments, and alternative remedies and first-aid treatments. The book provides clear cross-referencing, so that a flower-essence treatment found in the common ailments section, for example, is addressed in detail under the chapter "Flower Essences." Answers a myriad of questions and provides clear explanations in a field that can sometimes be daunting. Contains a full glossary and a comprehensive worldwide list of useful addresses and contacts. 9" x 11". Color photos.(less)

This book looks at alternative methods of treating illness or ailments by using a more natural or holistic form of treatment. In the past, cultures developed treatments using herbs and other natural

ingredients. Unfortunately, in many present-day cultures, this art form has been lost and we find it easier to take a pill for almost anything that ails us. This book focuses on taking back the responsibility for our health and reducing our over-dependence on the drug industry. When we have a headach...more This book looks at alternative methods of treating illness or ailments by using a more natural or holistic form of treatment. In the past, cultures developed treatments using herbs and other natural ingredients. Unfortunately, in many present-day cultures, this art form has been lost and we find it easier to take a pill for almost anything that ails us. This book focuses on taking back the responsibility for our health and reducing our over-dependence on the drug industry. When we have a headache, we take a pain killer, when we have a cold, we take an antihistamine. We suppress the symptoms because we want to feel better--NOW--we ignore the pain or signals our body is trying to tell us.

Adverse drug reactions are becoming more common as a result of over medicating. This book steps away from the pharmaceutical industry and focuses on mind, body & spirit healing. Why use a prescription cream for Eczema when that is masking the problem, not treating the problem. There are natural methods to treat problems without involving pill popping and this book has it.

More than anything else, I don't see the point of putting so much effort into buying and taking herbal, aromatherapy, homeopathic and folk remedies when nutritional deficiencies are rampant and are the major cause (along with a high toxic load) of most diseases. These therapies can be useful, possibly, but surely it is far more important to correct actual deficiencies of nutr...more Some people are big fans of this book, and that is fine, but it just wasn't for me and so I plan to resell my copy online.

I could also have done with far fewer pictures and a lot more detailed information. Even serious diseases were given such little amounts of text explaining how to treat them. The information is therefore very superficial. It may well be exciting and helpful if this is one of the first books you have ever read on this topic, but if you're already quite well read, there is nothing here you wont have read before, and in far more complexity and detail, in many other books. Some of the information in the book was also very outdated and much of it disagreed with other experts in the points being discussed. (The very poor section on vitamin C for example.)

I bought this book after being impressed with parts of Dr Shealy's website, as well as a prompt and very helpful answer to a question I asked via the website, but I found the book nowhere near as good as the website, unfortunately. I'd instead recommend books by Dr Sherry Rogers, Dr Lawrence Wilson, Dr Abram Hoffer and Andrew Saul, among others.

love love love this book, its so simple and give us a reason to love the things the earth provides. It can be found in our backyard or in the park with trails, its nice to know that there are natural remedies over those pricey and addicting over the counter medicines. We don't know what is in them and they always seem to cause more harm then help. I help reduce excess waste by not purchasing all kinds of beauty products or vitamins all the time. I love the Idea of doing it yourself and everyone...more love love love this book, its so simple and give us a reason to love the things the earth provides. It can be found in our backyard or in the park with trails, its nice to know that there are natural remedies over those pricey and addicting over the counter medicines. We don't know what is in them and they always seem to cause more harm then help. I help reduce excess waste by not purchasing all kinds of beauty products or vitamins all the time. I love the Idea of doing it yourself and everyone should try it or at least open their eyes and see what else is out there.(less)

I have an updated 2002 version of this with a different cover. This is a good, thorough guide to treating a variety of illnesses and physical problems naturally. Homeopathics, herbalism, Chinese herbs, folk remedies, flower essences, essential oils, and vitamins are discussed in sections of their own. Then, different ailments, including first aid, are listed with proposed remedies. This is a good reference book for any family wanting to not rush to the "doctor" over every little thing. This refe...more I have an updated 2002 version of this with a different cover. This is a good, thorough guide to treating a variety of illnesses and physical problems naturally. Homeopathics, herbalism, Chinese herbs, folk remedies, flower essences, essential oils, and vitamins are discussed in

sections of their own. Then, different ailments, including first aid, are listed with proposed remedies. This is a good reference book for any family wanting to not rush to the "doctor" over every little thing. This reference book is empowering.(less)

Another great reference material for everyday pains and ailments. It's great for suggesting alternatives for common ailments so you don't have to take modern medicine if you don't want to. It also can teach you a lot about your body. Teaching you to try drinking honey instead of cough syrup. Its also got all kinds of great information about how to get the most from your food; like antioxidants. Overall a great reference handbook.

C. Norman Shealy, MD, PhD is a neurosurgeon, psychologist, and founding president of the American Holistic Medical Association. For over three decades, he has been at the forefront of alternative medicine and alternative health care. He holds ten patents for innovative discoveries in medicine, has published more than 300 articles, and authored more than 24 books. He is the co-founder of the Americ...more C. Norman Shealy, MD, PhD is a neurosurgeon, psychologist, and founding president of the American Holistic Medical Association. For over three decades, he has been at the forefront of alternative medicine and alternative health care. He holds ten patents for innovative discoveries in medicine, has published more than 300 articles, and authored more than 24 books. He is the co-founder of the American Board of Scientific Medical Intuition, and perhaps the world's foremost medical expert on medical intuition.

Dr. Shealy is world renowned for his pioneering work in the fields of pain management and alternative forms of treatment. He is a Harvard-trained neurosurgeon, the founding President of the American Holistic Medical Association, President of the International Society for the Study of Subtle Energy and Energy Medicine and the President of Holos University Graduate Seminary. He has written scores of articles and books including the widely acclaimed Life Beyond 100 Secrets of the Fountain of Youth and The Creation of Health: Merging Traditional Medicine with Intuitive Diagnosis, which he co-wrote with Caroline Myss, Ph.D.(less)

This is an excellent reference book for alternative medicine, whether you're searching for a specific therapy to follow or you just want to view all the possible treatments for a specific ailment. The first half of the book breaks down alternative medicine into various schools of philosophy such as Ayurveda, Chinese herbal medicine, aromatherapy, and homeopathy. Each chapter provides a history of how the therapy developed, an illustrated explanation of the most common methods of treatment, advice on finding a qualified practitioner, and an exhaustive introduction to the therapy's most prominent herbs or other medicinal sources. These sections instruct you on how to use each type of herb or substance while offering cross-references to other therapies. For example, in the Chinese herbal chapter under ren shen, commonly known as ginseng, it not only tells you what to use it for and how, but also warns against side effects and refers you to similar uses in the herbalism chapter. The second half of the encyclopedia is divided into general areas, such as skin or respiratory problems, which are further broken down into individual ailments. If you want only one book to consult for your natural and alternative medical needs, this is among the most comprehensive and well written. --This text refers to an out of print or unavailable edition of this title.

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!

I thoroughly enjoy using this book. It is not only full of information, but visually appealing and easy to read--unlike many medical reference books. Full of color photos of the plants and herbs used so you can find what you need in your own backgarden or if you live in a foreign country and don't know the local name for the plant/herbin question (like me)... full of remedies from many different natural healing methods (ie, 10+ different remedies for diahrea depending on the very specific accompanying symptoms). Clear instructions with photos on how to make tinctures, infusions, etc. I

cannot endorse this book enough.

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 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. Obviosly some remedies seem far fetched but the vitamin section makes good sense and gives you much more information then the vitamin bottles at the store!

This book is very detailed and to the point. It has talked about different methods of alternative medicines (traditional, Chinese, Ayurveda etc.). The book is categorized based on most common health symptoms and then discussed how they are treated based on different methods. I love how they used picture illustration (not hand drawn) for each of the ingredient. Overall, it's a good book to have for common everyday household medicine. If you wish to treat them naturally. Even my physician father is impressed by this.

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.

This exceptional, full-color encyclopedia provides a complete chapter on each of the eight major alternative therapies: Ayurveda, aromatherapy, vitamins and minerals, flower essences, Chinese herbal medicine, folk remedies, herbalism and homeopathy. Written by experts in each field, this book explains everything-from the ailments the therapies treat to their effects. Each chapter includes historical and background information; descriptions of methods, techniques and most useful remedies; up to 60 remedies per therapy; and advice on creating a home remedy chest. In addition, a glossary of terms, list of contacts and further reading is provided to complete this essential guide to alternative medicine.

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