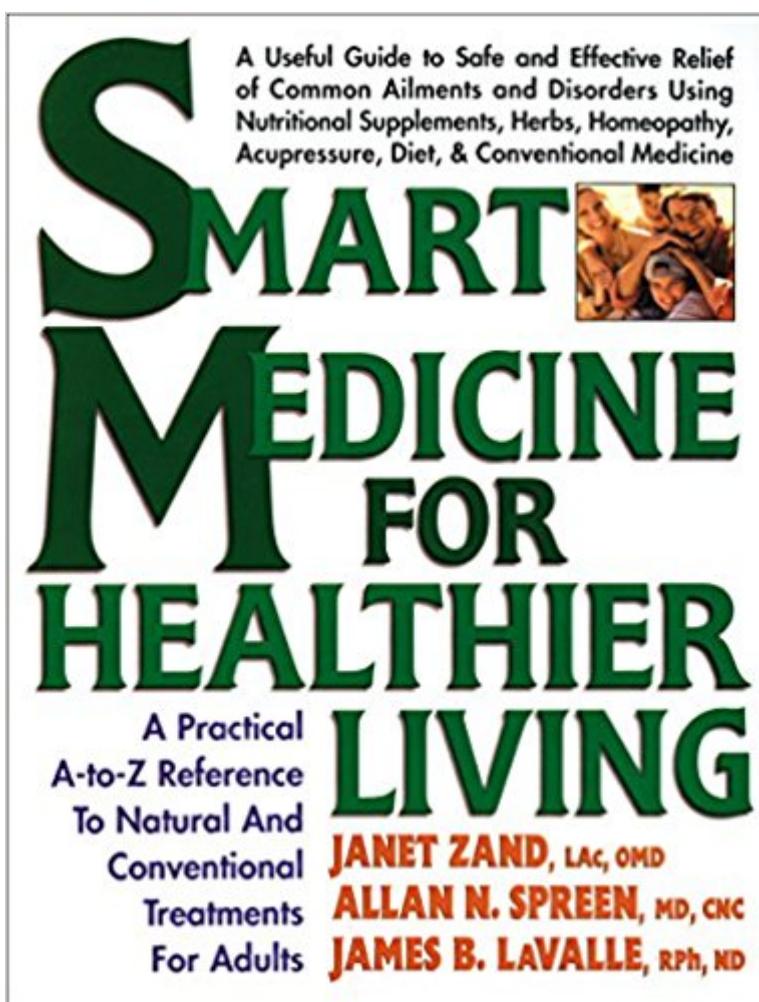


The book was found

# Smart Medicine For Healthier Living : Practical A-Z Reference To Natural And Conventional Treatments For Adults



## **Synopsis**

Written by a medical doctor, a naturopath, and a registered pharmacist, Smart Medicine for Healthier Living is a complete A-to-Z guide to the most common disorders and their treatments, using both alternative care and conventional medicine. A Comprehensive and easy-to-follow, Smart Medicine for Healthier Living is divided into three parts. Part one explains the full spectrum of approaches used to effectively treat common health problems. It provides an overview of the history, fundamentals, and uses of conventional medicine, herbal medicine, homeopathy, acupressure, aromatherapy, diet, and nutritional supplements. It also includes a helpful section on home and personal safety. Part two contains a comprehensive A-to-Z listing of various health problems. Each entry clearly explains the problem and offers specific advice using a variety of approaches. A Part three provides step-by-step guidance on using the many therapies and procedures suggested for each health problem. A Smart Medicine for Healthier Living is a reliable source that you and your family can turn to time and time again, whenever the need arises.

## **Book Information**

Paperback: 672 pages

Publisher: Avery; 1 edition (June 1999)

Language: English

ISBN-10: 0895298678

ISBN-13: 978-0895298676

Product Dimensions: 7.1 x 1.4 x 9.2 inches

Shipping Weight: 3.8 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 43 customer reviews

Best Sellers Rank: #301,333 in Books (See Top 100 in Books) #31 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Reference #339 in Books > Health, Fitness & Dieting > Alternative Medicine > Holistic #1023 in Books > Health, Fitness & Dieting > Alternative Medicine > Healing

## **Customer Reviews**

Written by a naturopath (Zand), a medical doctor (Allan Spreen), and a registered pharmacist (James B. LaValle), this book demonstrates how conventional and alternative medicine can work together to provide optimum health. The first part of the book describes different treatment modalitiesAconventional medicine, herbal medicine, homeopathy, acupressure, Bach flower remedies, aromatherapy, nutrition, and nutritional supplementsAand how they work. Part 2 provides

an alphabetical listing of common health problems, ranging from athlete's foot to vertigo. Each entry includes a brief description of the ailment and treatment recommendations. The third section covers therapies and procedures, from locating acupressure points and doing breast self-examination to relaxation techniques and preparing herbal treatments. The book concludes with product information. Aside from too few illustrations, this book is flawless. Highly recommended for mid- and large-sized libraries as well as smaller libraries wishing to increase holdings in this genre. A Valeria Long, Amberg Health Sciences Lib., Grand Rapids, MI Copyright 1999 Reed Business Information, Inc.

A particularly comprehensive, well-laid-out addition to the spate of recent guides to medical and alternative health resources. This covers conventional medicine, herbal medicine, homeopathy, Bach flower remedies, acupressure, aromatherapy, and therapeutic nutritional measures. Naturopath Zand (also trained in Oriental medicine and acupuncture), physician Spreen (whose particular interest is nutrition as therapy), and pharmacologist LaValle explain the history and philosophy underlying each therapeutic modality. Dr. Edward Bach's system of flower remedies originated at the turn of the century, for instance, on the theory that ``physical problems were secondary to emotional problems that physical illness was a manifestation of emotional imbalance.'' Then, for each of an exhaustive list of ills ranging in severity from black eyes to melanoma the authors provide comprehensive suggestions for help. For instance, Lyme and other tick-borne diseases must be treated by conventional medicine with antibiotics first of all, but dietary measures will help (high fluid intake, plenty of well-cooked whole grains and fresh vegetables), calcium and magnesium supplements may help relieve achiness; and possible herbal supports include cat's claw, garlic, goldenseal, and oregano. There are appropriate cautions throughout these together with the wealth of possibilities make clear the need for the assistance of a knowledgeable health practitioner. Thorough and understandable, this is a useful all-purpose reference. (First printing of 100,000; \$250,000 ad/promo) -- Copyright ©1999, Kirkus Associates, LP. All rights reserved.

I hate to even say how helpful this book is! Since I am an RN people call me for suggestions with cold sores, insect bites, stomach virus, sinus congestion, etc. I just pull out "Smart Medicine" and have a variety of suggestions on things that work well. A family member was having prostate problems and the doctor prescribed medication that caused heart palpitations as a side effect. The second type of medicine prescribed also caused irregular heart beat. "Smart Medicine" suggested Sal Palmetto which is a natural herb and has worked well without the side effects. Also the

information on warts has been very effective. I keep an extra copy or two on hand to give to friends and relatives because "Smart Medicine" is like having a friend with just the right advice close by.

Wonderful for Home medicine. Lists all options from pharmacies to home remedies.

I am a nurse (RN) and I just love this book (also the one for Healthier Children)It gives you the traditional (allopathic) treatment that you can expect if you go to the dr.and alternatives - including diet and supplements to treat your ailments.It even includes things such as aromatherapy and body work.Just a great resource to have on hand.

Every single family should own this book. Take control of your health and do your own research rather than just believing what other people/doctors tell you to do. This book gives you advice from ALL perspectives....so you can make an educated decision on how to handle your issues. **HIGHLY RECOMMEND.**

This is a great resource to have. Helps heal and cure without the need for so many prescription drugs and all the side affects. I use it often and have recommended it to many!

Such a wonderful reference to see the natural, traditional, homeopathic, herbal, and dietary treatment options for many health concerns. Have referred to this often!

Thank you!!!! Book coming in super handy since i will be using for my massage therapy practice

Love this book! Gives practical medical as well as homeopathic remedies.

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

Smart Medicine for Healthier Living : Practical A-Z Reference to Natural and Conventional Treatments for Adults Natural Dandruff Treatments~Natural Non-Chemical Treatments for Dandruff Psoriasis and Seborrheic Dermatitis~ Dealing with the "Root" of the Problem~ Do You Really Want to Know? Mayo Clinic Book of Alternative Medicine, 2nd Edition (Updated and Expanded): Integrating the Best of Natural Therapies with Conventional Medicine What You Must Know About Kidney Disease: A Practical Guide to Using Conventional and Complementary Treatments US Army Technical Manual, DESTRUCTION OF CONVENTIONAL AMMUNITION AND IMPROVED CONVENTIONAL MUNITIONS (ICM) TO PREVENT ENEMY USE, TM 43-0002-33, 1993 Smart

Medicine for Your Skin: An Easy Use comph GT undrstdg Conventional alt Therapies Heal Common Skin Proble 1000 Cures for 200 Ailments: Integrated Alternative and Conventional Treatments for the Most Common Illnesses Living Healthy with Hepatitis C: Natural and Conventional Approaches to Recover Your Quality of Life Quit Smoking Now and Forever: Methods to Quit Smoking And Live A Healthier Life (Quit Smoking,Stop Smoking Forever,Stop Smoking Addiction,Quit Smoking ... Methods to Quit Smoking, Healthier Life) MRSA SUPERBUG TREATMENT CHOICES - FOR MEDICAL PRACTITIONERS AND SUFFERING MRSA PATIENTS (MRSA Cure, MRSA Treatments, MRSA Secrets Revealed, Natural Antibiotics) ... (HOW TO BOOK & GUIDE FOR SMART DUMMIES 4) The American Medical Association Encyclopedia of Medicine: An A-Z Reference Guide to Over 5,000 Medical Terms Including Symptoms, Diseases, Drugs and Treatments African holistic Health: Complete Herb Remedy Guide, Dis-ease Treatments, Nutrition, Diet, Wholistic Perspectives, africa Herb Histroy, Self Diagnosis, Charts, Wholistic Sex Laws, Herpes and AIDS Treatments, Cocaine Detox, and Foods That Kill Carpal Tunnel Symptoms and Treatments: All about Carpal Tunnel Syndrome Causes, Diagnosing, Symptoms, Signs, Non-Surgical and Surgical Treatments, Alt Native American Medicine: Discover the Natural Healing Secrets and Remedies for Your Mind, Body and Spirit (Native American Medicine, Natural Remedies, ... Treatment, Herbal, Naturopathy Book 1) The Natural Pharmacy: Complete Home Reference to Natural Medicine Natural Healing and Remedies Cyclopedia: Complete solution with herbal medicine, Essential oils natural remedies and natural cure to various illness. (The answer to prayer for healing) How to Get Rid of Cellulite: Cellulite Treatments, Exercises, Prevention & Natural Remedies - On Your Thighs, Stomach and Legs (Natural Remedies For Cellulite) Type 2 Diabetes Cure: Natural Treatments that will Prevent and Reverse Diabetes (Natural Health Books) Type 2 Diabetes Cure: Natural Treatments that will Prevent and Reverse Diabetes (Natural Health Books) (Volume 2) Hair Loss Explained - Natural Solutions for Hair Loss and Premature Balding: (Natural Hair Care, Hair Loss, Scalp Treatments, Balding, Cure, Going Bald, Remedies)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)