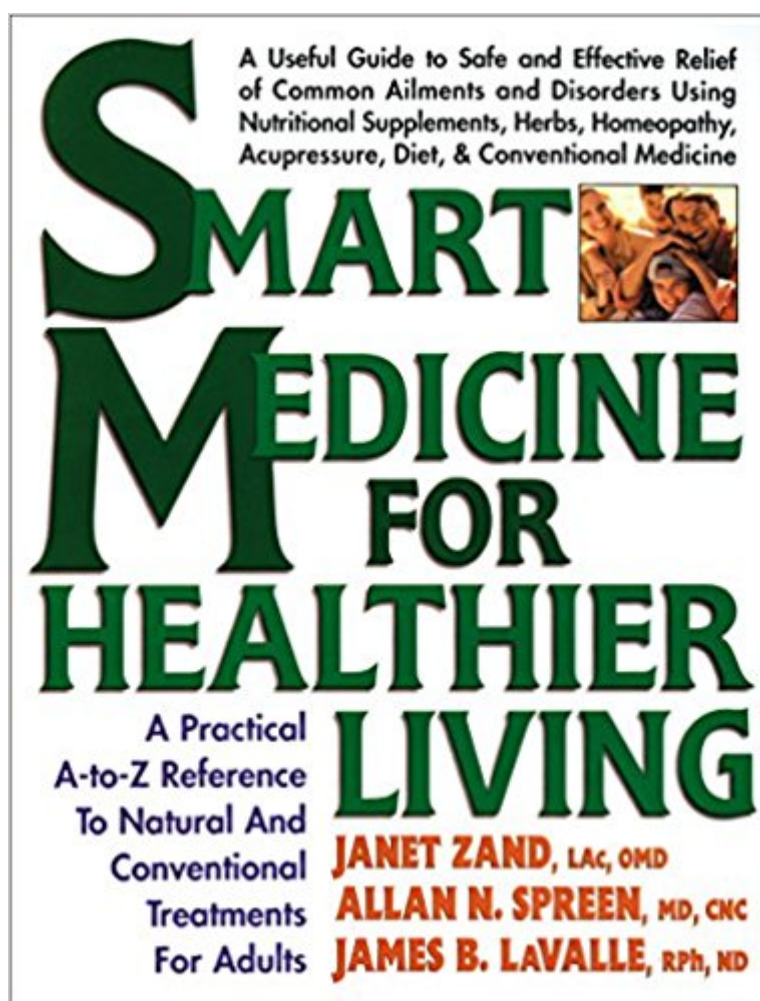


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# Smart Medicine For Healthier Living : Practical A-Z Reference To Natural And Conventional Treatments For Adults



## 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.Â 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, acupuncture, 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. Â Part three provides step-by-step guidance on using the many therapies and procedures suggested for each health problem.Â *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

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## 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, acupuncture, 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. AValeria 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 illnesses 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.

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