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the definitive reference book for alternative medicine health and healing nutrition herbs and herbal medicine and natural health care is fully updated in this third edition first published in

1985 better health through natural healing has become one of the most successful and authoritative resources of its type with more than 1.5 million copies sold worldwide since the original publication of this comprehensive guide alternative therapies have become more and more accepted by the mainstream and patients and practitioners of the wider medical community are embracing complementary medicine as an effective treatment option for a range of medical conditions this third edition has been fully revised by dr ross trattler with the assistance of his son osteopath shea trattler to encompass recent developments in holistic medicine and healing the first part of the book clearly explains the principles of natural medicine including diet osteopathy naturopathy botanical medicine hydrotherapy physiotherapy and homoeopathy the second part offers practical advice for the treatment of over 100 common diseases and ailments that individuals and families face the a-z compendium ranges from acne and alcoholism to menstrual disorders and migraines to warts and whooping cough a comprehensive self help guide to natural medicine better health through natural healing is an essential reference book for health care practitioners and for anyone seeking to heal illness effectively with natural treatments

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