



The Encyclopedia of Natural Medicine

By Michael T. Murray

Atria Books. Paperback. Book Condition: New. Paperback. 1232 pages. Dimensions: 9.3in. x 7.3in. x 2.8in. THE MOST COMPREHENSIVE AND PRACTICAL GUIDE AVAILABLE TO THE EXTRAORDINARY HEALING POWERS OF NATURAL MEDICINE From the world-renowned naturopathic doctors and bestselling authors of The Encyclopedia of Healing Foods comes the authoritative third edition of the classic reference work, revised and expanded to include the latest cutting-edge natural therapies for the most common ailments. Michael Murray and Joseph Pizzorno focus on promoting health and treating disease with nontoxic, natural therapies. This groundbreaking book the leader in its field shows you how to improve your health through a positive mental attitude, a healthy lifestyle, a health-promoting diet, and supplements, along with plenty of practical tips. Murray and Pizzorno present an evidence-based approach to wellness, based on firm scientific findings. They aim to dispel the notion that natural medicine isn't real medicine, offering examples and studies that show the efficacy of a holistic approach to patient care. This book grounds the reader in the seven major tenets of natural medicine and covers important topics in health care today, including cancer prevention, detoxification, and internal cleansing. Written in an easy-to-follow AZ format, The Encyclopedia of Natural Medicine offers holistic approaches for...



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