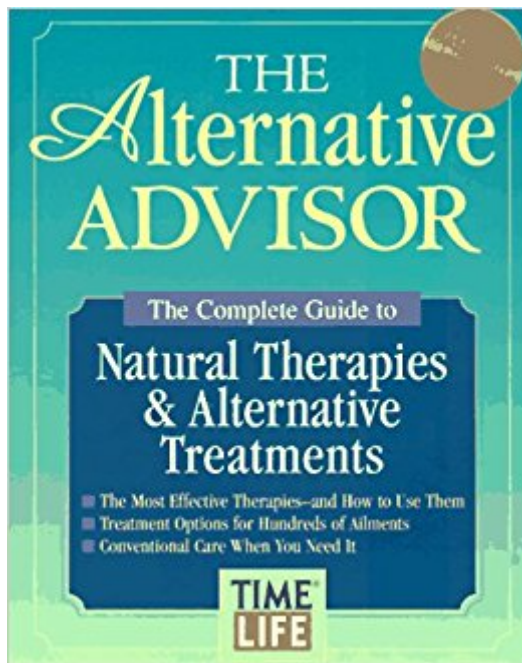


The book was found

The Alternative Advisor Hc



Synopsis

Herbal remedies, aromatherapy massage, t'ai chi positions--here's a treasury of proven alternative therapies providing quick relief from scores of ailments ranging from commonplace to serious. The Alternative Advisor is packed with self-help techniques that are authoritative, unbiased and clear--offering easy access to a new world of healthcare options. National TV and radio tour.

Book Information

Hardcover: 400 pages

Publisher: Time-Life Books; 1 edition (May 1999)

Language: English

ISBN-10: 0783549075

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Product Dimensions: 10.3 x 8.4 x 1.2 inches

Shipping Weight: 3.2 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #1,621,392 in Books (See Top 100 in Books) #88 in Books > Health, Fitness & Dieting > Alternative Medicine > Reference #1530 in Books > Health, Fitness & Dieting > Reference #54256 in Books > Parenting & Relationships

Customer Reviews

Like the publisher's The Medical Advisor (LJ 10/1/96), this unique work is an encyclopedic collection of information on most types of popular alternative therapies. Compiled with the help of a panel of highly qualified alternative medicine consultants, the book covers topics ranging from the well known, like chiropractic, to the more exotic, like apitherapy (the therapeutic use of bee stings). The first section describes these therapies, along with how they are used, who is qualified to perform them, and where to get more information on them. To balance the largely positive message, the editors include a "what the critics say" paragraph in each section and issue cautions for potentially dangerous treatments like apitherapy, which can trigger allergic reactions. The next two sections consist of an herbal guide and an alphabetical list of diseases/disorders and their alternative treatments. An interesting and unusual feature is a chapter on alternative first aid. A bibliography, glossary, and comprehensive index complete the volume. While ambitious in its scope and very well organized and researched, this work does have drawbacks. Some complex alternative therapies are reduced to a one- or two-page description, risking oversimplification. "Galleries," or illustrations, of techniques like acupuncture and yoga do not have a clear tie-in to the text. And Canadian libraries

need to be aware that some of the herbal therapies described here may not be permitted in Canada under proposed federal legislation. Still, this book is a good ready-reference tool that clarifies a complex and sometimes confusing field. Recommended for all public libraries. ?Elizabeth Braaksma, Brodie Resource Lib., Thunder Bay, Ontario Copyright 1997 Reed Business Information, Inc.

Here is proof positive that the cultural and commercial buzzwords natural and alternative have gone mainstream: a compendium of "natural," "alternative" therapies and treatments from Time-Life Books. By its own account, the book contains a "wide variety of healing

Well written, and organized. Easy to follow. Good for novices as well as professionals.

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