THE HAMLYN ENCYCLOPEDIA OF ALTERNATIVE HEALTS ALTIVE



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BLAMELYN

The Hamlyn Encyclopedia Of Alternative Health

Sheila Lavery

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The Hamlyn Encyclopedia of Alternative Health Hamlyn,1996 Hamlyn Encyclopedia of Alternative Health ,2001 The Hamlyn Encyclopedia of Complementary Health Sheila Lavery,1996 Provides a guide to alternative treatments relating to particular ailments Over 30 techniques are covered including acupuncture aromatherapy herbal remedies homeopathy and crystal therapy An international directory provides information on worldwide organizations

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major alternative medicine systems and healing modalities including Ayurvedic medicine traditional Chinese medicine naturopathy homeopathic medicine chiropractic medicine massage reflexology and herbals or botanicals The authors mission is to increase reader s knowledge base not make up their mind as we all make better choices related to our own personal health care practices when we are informed consumers Men's Health and Wellness Encyclopedia Charles B. Inlander, People's Medical Society (U.S.), 1998 Designed to be the first place men can turn to when any question about their health arises this comprehensive reference covers a wealth of men's health topics from conditions to tests from treatments to medicine addressing the most relevant topics in a straightforward candid and thorough way 15 line drawings V Wallace Salzman, 2007-10-01 Ortho Para V examines the functional and structural nature of illness and the options offered by Traditional and Alternative care healers to the patient population It is hoped that it will uncover some of the mysteries of tactile herbal pharmacologic and magnetic therapy and offer an integrated means of determining which therapies to use in the acute and chronic illnesses that have thus far been resistant to the magic of the physician and healer Indonesian Herbal Healing Susan-Jane Beers, 2024-09-24 Jamu traditional herbal medicine encompasses natural drinks ointments lotions and massage Jamu herbal preparations and treatments are part of an integrated system of inner and outer health and beauty that has been practiced and honed for centuries by Indonesians This book is the result of ten years of research and over 100 interviews with jamu practitioners and producers from housewives and home apothecaries to the CEOs of multinational corporations who produce jamu products for export It is designed for anyone who is interested in traditional herbal medicine health and beauty Jamu treatments have been used in Indonesia since at least the 16th century but until recently were unknown in the west How when and where were these treatments developed and used What is so special about them and why are they now becoming popular in spas and health retreats worldwide In the pages of this book you ll learn about The secret world of ancient Javanese palaces where Indonesian jamu was perfected Healers and jamu makers whose skills have been passed down for generations Dozens of age old remedies recipes and treatments that can be used safely at home Detailed information about the natural herbs and ingredients used in jamu preparations How jamu is sold traditionally and the female pioneers of the modern jamu industry And many other fascinating topics This book is the result of ten years of research and over 100 interviews with jamu practitioners and producers from housewives and home apothecaries to CEOs of multinational corporations who produce jamu products for export It is designed for anyone interested in holistic medicine health and beauty The Indonesian Art of Herbal Healing is lavishly illustrated with over 96 color and 10 B W photographs and is the first definitive reference in English on this exotic and practical healthcare system Includes some sample remedy recipes and a resource guide on where to buy ingredients Keeping Healthy by Keeping Track Lillian Shah, Laura Messinger, 2006-08 The Gale Encyclopedia of Alternative Medicine Jacqueline L. Longe, 2005 Presents a four volume alphabetically arranged medical reference set that examines a variety of supplemental therapies and herbal remedies along

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