



The Doctors Book of Natural Health Remedies Unlock the Power of Alternative Healing and Find Your Path Back to Health

By Peg Moline

Galvanized Books. Paperback. Book Condition: New. Paperback. 496 pages. Dimensions: 9.0in. x 7.3in. x 0.7in. The most comprehensive handbook ever written about vitamins, herbs, supplements, and holistic healing everything you need to feel better, live longer, and look great doing it THIS BOOK MAY HELP YOU SAVE A LIFE YOUR OWN. With health care costs rising, insurance systems in flux, doctors and hospitals overwhelmed, the only person who can really take charge of your health and the health of your family is you. This is your guide. For more than 40 years, Natural Health has been the leading authority on holistic, alternative, and natural healing. Now, for the first time ever, all that science-based, expert-driven, research-intensive information has been distilled into one must-have, authoritative guide to healing the self. In these pages, you'll find stunning new research, unparalleled expert advice, how-to health guides, and a scientific, myth-debunking approach to natural remedies. Search for your symptoms. Find your cure. The power is yours. A clean life for you and your family starts now. Lose Dangerous Belly Fat, Fast: And keep it off for good. Our all-natural, 10-step program tells you what to eat, drink, and do with immediate waist-shrinking results. Discover which probiotics help you burn more...



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