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## Alternatives for Everyone, a Guide to Non-Traditional Health Care (Paperback)

By Lauren O Thyme

Lauren O. Thyme, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease. Thomas A. Edison Even with advances in modern health care, in the last 15-20 years people from 1st world countries have been shifting away from traditional (allopathic) medicine to alternative health care in an attempt to naturally improve their overall health and to avoid or ameliorate the consequences of major diseases as well as the dreadful effects of medication and surgery. Alternatives for Everyone, A Guide to Non-Traditional Health Care, is a wide-ranging, easy-to-understand book describing various alternative health care methods which are currently available. For example, the Egoscue method helps people strengthen and heal their joint problems to avoid costly, painful hip and knee replacements. Many regularly prescribed medications which have disturbing and even dangerous side effects could be reduced or replaced. Colloidal silver fights bacterial infections without side effects while leaving no resistant strains. Feldenkrais method can be of help to stroke victims. Holistic and preventative cardiology can be an alternative...



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