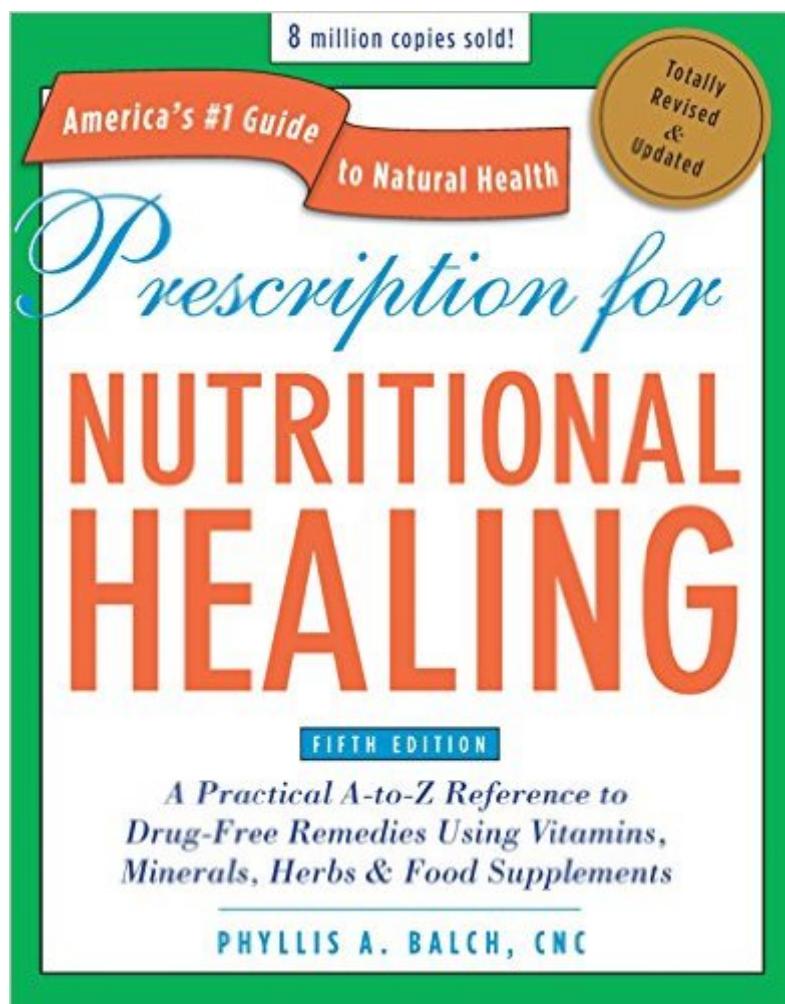


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# Prescription For Nutritional Healing, Fifth Edition: A Practical A-to-Z Reference To Drug-Free Remedies Using Vitamins, Minerals, Herbs & Food Supplements



## **Synopsis**

Prescription for Nutritional Healing is the nation's #1 bestselling guide to natural remedies. The new fifth edition incorporates the most recent information on a variety of alternative healing and preventive therapies and unveils new science on vitamins, supplements, and herbs. With an A-to-Z reference to illnesses, updates include: How omega-3 and exercise may help those suffering from Alzheimer's Current information on the latest drug therapies for treating AIDS What you need to know about H1N1 virus Nutritional information for combating prostate cancer Leading research on menopause and bio identical hormones And much, much more In the twenty years since the first edition was released, the natural health movement has gone mainstream, and the quest for optimal nutrition is no longer relegated to speciality stores. With more than 800 pages of comprehensive facts about all aspects of alternative ways to wellness, Prescription for Nutritional Healing, Fifth Edition, unites the best of age-old remedies with twenty-first- century science.

## **Book Information**

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## **Customer Reviews**

I have used these desk-reference manuals for many years. It was a doctor who recommended that I get one and she was right. My current copy is '93, so it was time for a new one. Every recommendation I've ever used from this manual has worked perfectly. When I got the new one, however, I noticed some issues and a significant error. I bought it specifically to get the most current information on thyroid issues. I noticed that under the disorder Hypothyroidism in the Considerations section, it says "see Wilson's Disease in Rare Disorders in Part Two." Hmm. There are some

issues with that. There is no mention of a Rare Disorders section in the index at the front of the book, not on its own, nor as a section within Part Two. No mention of it at all. First of all, the layout of the page headings in this version is horrible. In prior versions each separate disorder was in obvious bold print with dividing lines above and beneath that made the heading clearly distinguishable from the rest of the text, which makes it much easier and quicker to find. But in this new version, it is very difficult to read and takes significantly more time to actually find what you're looking for. Each disorder is just in small print that seems to be bold type but it is so slight you can't even tell at first. As if that's not enough, it is almost impossible to find Rare Disorders (with poor layout and no clear headings) which is just a small section within The Disorders section in Part Two, and is only noted by just a small print area at the top of the page with no distinction on the page itself to determine where the Rare Disorders start and end as separated from The Disorders general section.

I bought this book expecting to see a quick summary of natural remedies per condition. Like a bullet point outline of how each of them would help patients to control their condition. Something like a 'materia medica' of natural remedies. So if you have, say sore throat or suffer from gout you can quickly find a link to remedies. After all, the authors managed to pack 400 conditions into a 700 page book, it looks promising, right? Wrong. This book fails miserably. Let me have a close look at its structure and content. **STRUCTURE** Each of about 400 sections consists of roughly equal three parts. Part 1: General description of the condition. Most of what I scanned through is too general to get anything useful of this. Opening a Wikipedia page will give you a better idea if you do not know what e.g. uterine fibroids are. So taking into account that this 700 page is dedicated to describing a condition, how does it make you feel when the authors waste it with a generic copy and paste like: "It is estimated that 20 to 50 percent of women of reproductive age have fibroids, although not all diagnosed. In more than 99 percent of fibroid cases, the tumors are benign; they are not associated with cancer and do not increase a woman's risk for uterine cancer. For reasons not yet understood, they tend to form during a woman's late thirties and early forties, and then shrink after menopause. This would seem to suggest that estrogen is involved in the process. However, while all women produce estrogen, only some develop fibroid tumors." (p.433) Remember the space is golden here. And this empty discussion of irrelevant epidemiology and other irrelevant to this volume points just carries on like a page filler.

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