



New Choices in Natural Healing: Over 1,800 of the Best Self-Help Remedies from the World of Alternative Medicine

Bill Gottlieb

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Provides natural remedies for common health problems from acne to yeast infections.

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From Reader Review New Choices in Natural Healing: Over 1,800 of the Best Self-Help Remedies from the World of Alternative Medicine for online ebook

Cws says

615.5 Got

Pisces says

I am disappointed that the most current version of this book is not listed here. These books are a very valuable resource.

Clara Walker says

Very informative. Good Choices. Well illustrated. Alphabetized

Christine says

I'm constantly using this as a reference when someone in our family gets sick. It's a wealth of knowledge! Also, for those interested, it's available for free to read online: <http://www.mothenature.com/Library/B...>

Helga Gonzalez says

Bueno para referencia.

Rita says

I first borrowed this book from TJ and found it to be an excellent resource for natural/alternative treatments. Not a ton info about each problem but is comprehensive and also a good starting point.

Summer says

This is more of a reference book for me. It's a good book. I refer to it fairly often. Ailments are listed alphabetically. It tells you when to see a doctor based on your symptoms and gives treatments for each ailment based on the practice such as homeopathics and reflexology etc..

Lynda says

I have very mixed results from this book.

Angela Coulter says

Great guide to alternative/natural healing approaches to many of the most common ailments.

Judy says

Very helpful book, hard to put down. All the different approaches to natural healing for each different problem were fascinating. I'm not normally someone who gets into this type of subject, but this was interesting. It appeared to me that combining some of the different approaches would work best. For example, Homeopathy, Aromatherapy, Flower essences treat symptoms more than root causes. Whereas, Ayurveda and Reflexology appear to be addressing the source of the problem. I would recommend to anyone interested in alternatives to Western medicine which only treats symptoms.

Ahmed Alohalı says

I read the arabic translation lots of translation mistakes.

The biggest flaw on the book is lacking the support of evidence based medicine.

At the end I don't recommend this book at all.

Jaime Irving says

An easy overview of the way many different therapies deal with disease.

Erin *Proud Book Hoarder* says

New Choices in Natural Healing takes several areas of natural health care and incorporates it by condition. As an example, if you were to turn - alphabetically, of course - to Arthritis, you'd read a short paragraph describing the ailment, then a paragraph or two under Acupressure, Aromatherapy, Ayurveda, Flower Remedy, Food Therapy, Homeopathy, Hydrotherapy, Imagery, Juice Therapy, Massage, Reflexology, Relaxation and Meditation, Vitamin and Mineral Therapy, and -finally- yoga.

If you know much on herbs, you'd get frustrated seeing the cautious and very generic recommendations, and the same goes for some other areas. However, to have this much information on such a wide variety in one book is invaluable, an excellent idea and, even if not done completely up to par, worth owning. The authors act more as journalists in a way, objectively describing what the experts in each field would recommend for each condition, not taking an active stance much. The objective authors of course follow it up with ask your doctor and generic advice, but the book they've put together has served its use well enough.

The end section is great, as it's filled with illustrations on acupressure points, massages, reflexology jargon and charts, a few relaxation stretches, yoga illustrations (good amount of these). This section alone brought the book up another star - I'm a visual learner, and the diagrams can assist many people.

The beginning is well-done, also, telling about each area of natural healing with background details and such. Having a book at your fingertips that will point you in the right direction for a variety of natural techniques is priceless. In order to learn this much about each would involve buying multiple books about separate healing techniques - a book such as this saves mucho on the wallet, makes general browsing a breeze, and cuts your time in half. Not perfect in some areas, but certainly worth picking up!
