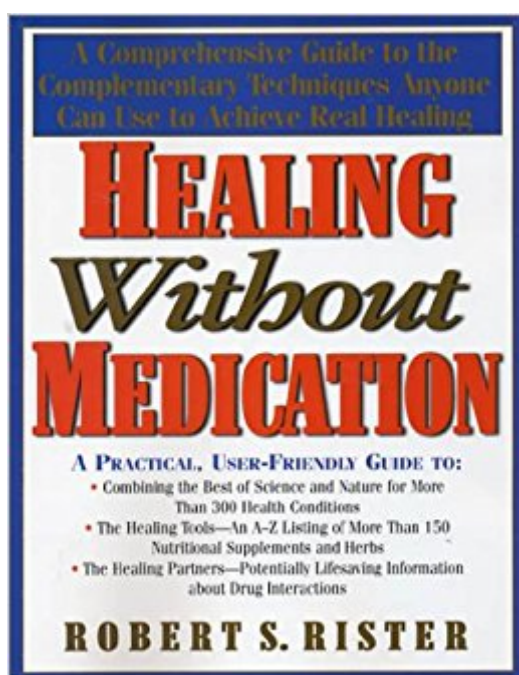


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# Healing Without Medication: A Comprehensive Guide To The Complementary Techniques Anyone Can Use To Achieve Real Healing



## Synopsis

Today's health-conscious individual is fully aware of the side effects of pharmaceutical products. Diarrhea, nausea, impotence, hair loss - it's enough to make one believe the cure is worse than the disease. Indeed, sometimes it is. This work is a comprehensive guide to combining the best of science and nature for more than 300 health conditions. It is also a guide to more than 150 nutritional supplements and to dozens of treatment methods one can control.

## Book Information

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## Customer Reviews

Rister is a fourth-generation herbalist with twenty years of experience helping people with limited resources to find ways to complement expensive health care.

This is the most comprehensive naturopathic medical encyclopedia I have ever seen. Every condition is covered alphabetically with a general description, symptoms, diagnosis details, and naturopathic remedies. It also warns when you need to check with your MD concerning any specific life threatening illnesses that would be better remedied using traditional medications. Some of the language can become rather cumbersome/technical to the average layman but I find it to be a great naturopathic source of information with several choices given to self medicate each condition described.

The title is a little off; Rister's goal seems to be using naturopathic methods as adjuncts to

conventional ones, rather than replacing them. In some cases there are methods that work fine on their own without any alleopathic additions, but for the most part, he aims to have his vitamins, minerals, and herbs help cure (and prevent the oh so common side effects of modern medicine) rather than do it on their own. Nothing in the world will allow me to live without insulin injections, but I might be able to hold off complications with some of these methods. The book is a huge encyclopedia. One section is a massive list of illnesses and conditions that tells you what to take and in what amounts. The next section is the vitamins, herbs, and minerals. He tells you what they do, how much is available in foods, how much you need for certain conditions, and which forms are most assimilable. He warns about what the over dose levels are, what they medd they might interact with, and when they are contraindicated. He also has a section on the macronutrients: protein, fat, and carbs. This is the most thorough book I've seen on these methods. I like that he is realistic about what vitamins and minerals can do; as far as I can tell, he's not selling snake oil. He does not bring out miracle cures, but ways to help you live more comfortably. He's not selling any of these vitamins and herbs; he's not making money by telling you to use these things (unlike some authors of books touting mega vitamins). He has sourced his material from over 10,000 articles from medical and technical libraries and from correspondence with researchers. The digital edition has been updated as recently as last month (April 2017). You could not get any fresher information. This is a great resource.

I've used some of the information the author posted about a turmeric supplement called Curcubrain. Although I'm only in my late 50's, I was having scary memory issues. I felt like I was in a gray fog. A few weeks after starting the supplement, I felt the fog lifting. Do I still forget things? Yes, but I remember it within a minute or two vs. not ever remembering what I had forgotten before taking the supplement. Even talked my 70 year old friend into taking the supplement. He'd had even more severe memory issues. He's been way better too. If not for this book and this author, I'm not sure where we'd be. It's been a huge blessing to find this book. I read about the supplement in the Alzheimer's section. it sure has helped.

Very informative! I recommend this book to people who wish to avoid the harmful effects of many prescription drugs.

Really informative. I had purchased on kindle but wanted a hard copy so I could thumb thru it easier. We were using many of the supplements so I was glad to now see the benefits listed in this book

A very knowledgeable book. Have learned so much about basic problems I have as I grow older.

There are some good things in this book. BUT I know many doctors who ethically do what is best for their patients and are not caught up in the medication system. Also, natural things are chemicals too. Remember, that the human lifespan has gotten longer, in part to good and responsible medication.

This is a very impressive book. Well-organized and documented with both new and traditional information. I read a lot of health newsletters and books, so I was surprised to find so much new information in this one (Healing without Medication) that was not already covered by other sources. I first got it on Kindle Unlimited and liked it so much I bought the hardcopy. The author does not advocate doing without medical care. He offers possible alternatives, adjuncts, and new insights based on decades of experience.

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