

I'm not a bot



The medical advisor time life books

A comprehensive guide to healthcare in the new age, covering ancient practices and modern alternatives. This book covers acupressure, acupuncture, aromatherapy, ayurvedic medicine, body work, chiropractic, herbal therapies, homeopathy, lifestyle, mind/body therapy, osteopathy, and other alternative treatments. The main part of the book is an 800-page alphabetical section detailing over 200 ailments, symptoms, causes, prevention, and conventional and alternative treatments. Additionally, it includes descriptions of conventional medicine and alternative therapies, health guidelines, emergency first aid information, a list of natural medicines, nutrition guide, directory of health organizations, glossary, bibliography, and detailed index. We're a non-profit that doesn't sell user info or run ads, instead we rely on online donations averaging \$15.58 to keep our systems running smoothly. We'd be super grateful if you could support us financially, even if it's just a small contribution this Tuesday - every little bit counts and will be used wisely! Our resources are vital for people seeking knowledge everywhere, so if you find our content useful, please consider pitching in. A comprehensive family medical guide covering conventional and alternative treatments is now available online. This trusted resource offers expert guidance on over 400 ailments, along with step-by-step illustrations for first aid and emergency situations. It also features symptom charts for at-a-glance diagnostic, general health guidelines for different age groups, and more. The book's approach is conservative yet carefully planned, executed by Time-Life in collaboration with a board of renowned consultants, including Harvard's Herbert Benson. The guide includes an alphabetically arranged section listing some 300 symptoms and ailments, allowing readers to quickly find treatments for various problems, from minor issues like Swimmer's Ear to serious conditions like Stomach Cancer. Causes and prevention are discussed, and appropriate therapies are described, with conventional medical treatment presented first and in greatest detail. A helpful feature signals when to call a doctor and when to beware of quacks, particularly regarding chronic conditions like arthritis. This all-purpose guide covers alternative therapies such as acupressure, aromatherapy, ayurvedic medicine, body work, chiropractic, herbal therapies, homeopathy, lifestyle modifications, mind/body therapy, nutrition/diet, and osteopathy. The main body is an 800-page alphabetical section that provides a safe introduction to the world of non-traditional healing practices, making it an effective starting point for readers who want to explore alternative healthcare options further. This comprehensive resource outlines over 200 health topics, providing detailed information on symptoms, causes, prevention, and treatment options for both conventional and alternative therapies. The guide also includes descriptions of how various treatments work, general health guidelines, emergency first aid procedures, a directory of health organizations, and an extensive index of medications and remedies.