

# **Curas Alternativas Los Mas Eficaces Remedios Caseros Naturales Para 130 Problemas De Salud 2003 Publication**

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**The Gerson Therapy**

Charlotte Gerson 2001 Offers a nutritional program that utilizes the healing powers of organic fruits and vegetables to reverse the effects of cancer and other illnesses.

### **Curas Alternativas Bill**

Gottlieb 2003-08-02 ¡Más de 1,000 remedios comprobados por doctores para ser tan eficaces o hasta mejores que fármacos o cirugía! - Un nutriente que impide los efectos secundarios de los fármacos para la artritis (página 65) - Un ejercicio rápido que puede aliviar el dolor de espalda (página 232) - La "cápsula de la juventud" que combate la fatiga (página 314) - Un "cóctel herbario" que en 24 horas para la gripe en seco (página 353) - Un aminoácido que funciona tan bien como la Viagra (página 387) - Una crema hormonal natural que reconstruye hueso (página 468) - Un remedio casero que frena los antojos por azúcar casi inmediatamente (página 586) EN ESTE LIBRO ÚNICO, 300 expertos en medicina natural de los EE.UU. --entre ellos los mejores médicos con tendencia

hacia la medicina alternativa, herbolarios, nutricionistas, naturópatas, homeópatas y otros curadores holísticos--revelan sus más eficaces remedios naturales para 130 problemas de la salud comunes y graves. Además, aquí encontrará: - 60 ilustraciones fáciles de seguir para realizar ejercicios de curación y utilizar los puntos de presión calmantes del cuerpo - Docenas de recursos para conseguir productos naturales y consultar a profesionales de la medicina alternativa - Una guía de consulta rápida para asegurar una fácil comprensión de 22 métodos de curación alternativa - Para cada problema, consejos expertos que indican cuándo debe conseguir ayuda profesional

*Eduardo El Curandero, the Words of a Peruvian Healer*  
Eduardo Calderón 1982 A fascinating glimpse at a day in the life of Peruvian shaman, Eduardo Calderon. This book relates his philosophies and illustrates the medicinal use of natural drugs.

*Digestive Intelligence* Irina

Matveikova 2014-06-06  
Digestive Intelligence tells the fascinating story of how our digestive systems are the centre of our bodies' second brain and how we think and live our emotions via our stomachs. Not surprising when you consider there is something equivalent to the size of a village football pitch hiding inside our bellies--that's the incredible magnitude of our digestive systems. Dr Matveikova answers the obvious questions: "How?" and "Why can this be so?" by explaining, in straight forward layman's language, that the digestive system contains more than one million neurones, identical to those in the brain and is responsible for producing 90% of the body's hormone, serotonin, the all-important hormone which makes us feel happy and full of wellbeing. It follows that, if our stomach is "out of sorts" we feel irritable and lacking in energy; and those feelings block our intellectual productivity, disorientate us and completely change our

thought patterns and physical processes.  
Ferri's Clinical Advisor 2019 E-Book Fred F. Ferri 2018-05-26  
Updated annually with the latest developments in diagnosis and treatment recommendations, Ferri's Clinical Advisor uses the popular "5 books in 1" format to organize vast amounts of information in a clinically relevant, user-friendly manner. This efficient, intuitive format provides quick access to answers on more than 900 common medical conditions, including diseases and disorders, differential diagnoses, and laboratory tests - all updated by experts in key clinical fields. Updated algorithms and current clinical practice guidelines help you keep pace with the speed of modern medicine. Contains significant updates throughout, with more than 500 new figures, tables, and boxes added to this new edition. Features 17 all-new topics including opioid overdose, obesity-Hypoventilation syndrome, acute pelvic pain in

women, new-onset seizures, and eosinophilic esophagitis, among many others. Provides current ICD-10 insurance billing codes to help expedite insurance reimbursements. Includes cross-references, outlines, bullets, tables, boxes, and algorithms to help you navigate a wealth of clinical information. Offers access to exclusive online content: more than 90 additional topics; new algorithms, images, and tables; EBM boxes; patient teaching guides, color images, and more.

*Heal Your Body, Cure Your Mind* Ameet Aggarwal

2019-08-01 Voted as one of the Top 43 therapists in the world, 5-times bestselling author, naturopath and psychotherapist Dr. Ameet helps you to easily heal your health issues, gut, liver, adrenals, depression, anxiety, mood, liver, skin, hormones, inflammation and sexual issues with nutrition, healthy foods, natural medicine, holistic therapies & emotional healing. Your health is the most valuable gift you have. Reading

this intensely holistic book will quickly improve your health, happiness and mood by helping you treat the root causes of diseases in your mind and body, which are: Leaky gut, Inflammation & LIVER DETOX Adrenal Fatigue, Thyroid & hormonal health Trauma and painful thoughts healing, mood therapy & emotional support Using Herbs, homeopathic remedies, diet, nutrition, acupuncture points and Bach flower remedies that the most successful natural therapists use. Get this book to quickly feel amazingly well with clear instructions on powerful holistic therapies from world renowned naturopathic doctor, psychotherapist & teacher. Know: What the best low inflammatory foods, probiotics and supplements for digestive problems, IBS and inflammation are Why your thyroid, hormones, mood and brain heal when you fix your liver and how to detoxify your liver Which herbs, amino acids, homeopathic remedies and supplements to use for stress, burnout, anxiety and

depression. The most helpful nutrients for health and what foods they're found in. Powerful exercise to release trauma, change negative beliefs and feel confident. Highly effective meditation, breathing, journaling, gratitude and positive psychology Energy medicine therapy to increase happiness, clarity and emotional resilience. Acupuncture points for different forms of anxiety and depression And so much more... Doctors, therapists and nurses around the world are using this book to help people quickly recover from difficult chronic health and emotional issues. Here's what they say: "Dr. Ameet gives simple steps to help you recover from anxiety, depression, stress and burnout, and with long-lasting results" - Dr. Hyla Cass MD, Bestselling Author and Holistic Psychiatrist. "There's amazing details on holistic therapies, foods and specific exercises to release emotional stress and trauma to optimize your emotions and health." - Geeta K, Master Reiki Healer "I

learnt how to fix inflammation, my mood and detox my liver with the most effective herbs, foods and supplements." R.K. "I love the list of homeopathic and Bach flower remedies that go into very specific emotions. Not everyone has the same type of anxiety or depression, and that's clear with Dr. Ameet's book." - Sandra, Anxiety Survivor "What I love about this book is that I feel more in control of my life and my health, especially after releasing emotions and fixing inflammation..." Jacqueline R, Therapist  
Oil Pulling Therapy Bruce Fife 2018-06-06 This book explains a method of cleansing the mouth and how oral health affects the health of the entire body.  
*Comer bien cuando se está esperando* Heidi Eisenberg Murkoff 2014  
*The Healing Plants Bible* Helen Farmer-Knowles 2010 Plants can provide healing in many different ways: directly through their pharmacological actions as medicinal herbs, energetically through the

vibrations of flower essences and tree energies, and spiritually through the inspiration they offer. Exploring over 100 of these incredible plants - from key medicinal herbs such as St John's wort, sage and chamomile to edible healing plants such as grapes and blueberries - The Healing Plants Bible provides a comprehensive guide to their history of usage, therapeutic properties and healing applications. Featuring guidance on seasonal availability, advice on the use of herbal teas, tinctures and flower essences for common ailments, and including the latest research findings, this book is an essential reference guide to plants from all over the world.

*El libro de la desintoxicación y la salud* Rüdiger Dahlke 1999

## **APRENDER A MORIR**

THOMAS PRESTON

2005-05-18 Enfrentémonos a ello, al final todos vamos a morir. Morir, es tan natural para la vida como respirar. Desgraciadamente, la medicina

moderna ha convertido este proceso natural en una experiencia que es, a menudo, traumática y dolorosa, no sólo para los pacientes, sino también para sus seres queridos. En Aprender a Morir, el Dr. Preston enseña cómo asumir el mando final de nuestra vida y preparar el entorno para una muerte llena de paz y dignidad. Para ello, expone, entre otros temas: Cómo asimilar un diagnóstico grave. Información de gran valor sobre la agonía y los límites de la medicina moderna. Tratamientos que reducen el sufrimiento y hasta dónde pueden llegar los médicos, legalmente, para reducir el dolor. Cómo decidirse entre varias opciones de tratamiento. Cómo hablar con los médicos, los seres queridos y los pacientes. Thomas A. Preston es Doctor en Medicina y ha sido profesor de medicina de la Universidad de Washington durante más de veinte años. Está especializado en conseguir mejoras en las etapas finales de la vida. *Soluciones naturales a la*

*calvicie* David Martin 1999

## **New Choices In Natural Healing** Bill Gottlieb

1999-07-22 The first book to take alternative medicine out of its mystical fringe and into the mainstream, *New Choices in Natural Healing* features more than 20 unique alternative remedies for each of 160 health problems, from acne to wrinkles, plus practical explanations of 20 natural therapies, from aromatherapy to vitamin therapy. Including 440 illustrations, *New Choices in Natural Healing* also covers:

- Acupressure: pinpoint pain relief
- Aromatherapy: relieve stress and tension
- Ayurveda: a customized system of better health
- Flower Therapy: heal the mind, and the body will follow
- Food Therapy: harness the power to erase disease
- Herbal Therapy: a healing partnership with Mother Nature
- Homeopathy: medicines perhaps more powerful than prescriptions
- Hydrotherapy: bathe yourself in natural healing
- Imagery: picture yourself perfectly healthy
- Juice Therapy: the

curative essence of fruits and vegetables

- Massage: hands-on healing for yourself and your family
- Reflexology: speed restorative energy to organs and body parts
- Relaxation and Meditation: achieve a higher state of health
- Sound Therapy: soothe your body with music's gentle waves
- Vitamin and Mineral Therapy: natural prescriptions for healing
- Yoga: stretches for better health

## **Hablemos del Autismo**

Gessen Salmerón Gómez  
2020-06-14 El libro "Hablemos de Autismo" tiene la finalidad de brindar información científica, clara y objetiva sobre el Trastorno del Espectro Autista TEA. Este libro busca responder cada una de las preguntas más frecuentes relacionadas al TEA con un fundamento científico, dejando atrás mitos, especulaciones y la mala información. Se describen temas que van desde la evolución adecuada del neurodesarrollo, los síntomas característicos, métodos diagnósticos, medicamentos, trastornos agregados, terapias

alternativas, aspectos legales y calidad de vida de las personas con TEA. Toda esta información le brindara herramientas para la toma de decisiones a padres, maestros y sociedad en general interesados en ayudar a las personas con TEA.

### **AGENTES TERAPÉUTICOS**

Eduardo Setti 2013-10-28 Este libro intenta indagar sobre las garantías de aquellos compuestos que se consumen para mantener o mejorar la salud. Por un lado, describe los fundamentos detrás del desarrollo de agentes terapéuticos descubiertos mediante la metodología científica, y la complejidad que rodea su síntesis, análisis y controles efectivos para su puesta en circulación en el mercado. Por el otro, cuestiona la legitimidad de las afirmaciones acerca de los beneficios de los productos naturales o ecológicos, denominados nutracéuticos, que se nos ofrecen como suplementos de alimentación y la salud. El autor vuelca en esta obra su preocupación

personal por la percepción popular hacia la naturaleza de los productos curativos que se hallan a nuestro alcance y elección. Su particular experiencia, incluyendo la profesional, le permite conjugar y analizar objetivamente qué hay de ciencia y cuánto de “cháchara” en el negocio de la salud. El libro también marca las diferencias metodológicas que existen entre la medicina convencional y la alternativa, así como las razones por las cuales ambas seguirán coexistiendo.

**Psicología** David G. Myers  
2006

### **Best Choices from the People's Pharmacy**

Joe Graedon 2006-10-31 From the trusted authors of the "People's Pharmacy" syndicated newspaper column comes Best Choices from the People's Pharmacy, an essential reference that empowers readers to make intelligent, informed choices from among the array of treatment options—home remedies, herbal and nutritional



supplements, and prescription and over-the-counter drugs—available today We can read the newspaper for candid restaurant or movie reviews or consult Consumer Reports for an impartial analysis of the best buys on toasters or automobiles. But where can we find objective evaluations of popular treatments for conditions like arthritis, high cholesterol, and migraines? Joe and Teresa Graedon, the best-selling authors of *The People's Pharmacy*, will fill the void with a comprehensive new reference that presents all the information readers need to become savvy health-care consumers. The book offers:

- best-choice treatments for 50 medical conditions—from allergies, asthma, and heartburn to high blood pressure and osteoporosis
- a remedy ratings guide to compare the effectiveness and affordability of various treatment options
- compelling new information on the potential dangers of generic drugs

Featuring a list of the authors' must-have remedies

and organized alphabetically by condition for fast, easy access, this trustworthy, practical guide should find a sizable and grateful audience.

### **Treatment of Skin Disease**

Mark G. Lebwohl 2013-10-30

Treatment of Skin Disease is your definitive source for managing the complete range of dermatologic conditions you're likely to encounter in practice. This medical reference book boasts an intuitive and easy to use format that covers the full spectrum of options, equipping you with not only standard treatment strategies, but second- and third-line therapies for instances when other alternatives fail. You'll be thoroughly prepared to offer your patients the expertly informed medical care they deserve when facing common or complex dermatologic diseases. Address your most difficult clinical challenges by having every possible therapy option at your disposal, including third- and fourth-line therapies, as well as standard treatments for dermatologic

disorders. Apply the in-depth knowledge of leading dermatologists through a summary of each treatment strategy along with detailed discussions of treatment choices. Gain insight to the essential features which define each dermatologic disease with chapters presented in a tabular format, using checklists of diagnostic and investigative pearls and color-coded boxed text, for quick at-a-glance summaries of key details. Seamlessly search the full text and access the Gold Standard drug database online at Expert Consult

*Fitzpatrick's Color Atlas and Synopsis of Clinical Dermatology, Eighth Edition*

Klaus Wolff 2017-02-22

INCLUDES DOWNLOADABLE

VIDEOS AVAILABLE AT:

[mhprofessional.com/mediacent](http://mhprofessional.com/mediacent)

er A Doody's Core Title for

2021! More than 1,000 full-

color photographs speed

diagnosis of the dermatologic

conditions most often

encountered in primary care

One of the bestselling

dermatology books in the

world, this quick-reference clinical guide has virtually defined the field for thousands of physicians, dermatology residents, and medical students for more than three decades.

Spanning the entire spectrum of skin problems, Fitzpatrick's Color Atlas and Synopsis of Clinical Dermatology, Eighth Edition combines laser-precise color images of skin lesions along with an overview of epidemiology and

pathophysiology, and detailed information on diagnosis and treatment. Features:

Approximately 1083 full-color images, with more than 40% new to this edition

A color-coded 4-part organization facilitates review at a glance and includes helpful icons

denoting the incidence and morbidity of the disease ICD-10 codes are included for each disease

Thoroughly updated coverage of etiology,

pathogenesis, management, and therapy

Many images highlight skin disease in

different ethnic populations

If you've been looking for a

unique combination text,

clinical reference, and color atlas that spans the entire field of dermatology, and has been trusted by thousands of clinicians and students, your search ends here.

Latina Magazine 1999

Coconut Cures Bruce Fife 2005

In this book you will learn about the amazing health benefits of coconut oil, meat, milk, and water. You will find out why coconut oil is considered the healthiest oil on earth and how it can protect you against heart disease, diabetes, and infectious illnesses such as influenza, herpes, candida, and even HIV. You will learn why coconut water is used as an IV solution and how coconut meat can protect you from colon cancer, regulate blood sugar, and expel intestinal parasites. Contains dozens of fascinating case studies and remarkable success stories. You will read about one woman's incredible battle with breast cancer and how she cured herself with coconut. You will read how a medical doctor cured himself of Crohn's disease in seven days.

This book includes an extensive A to Z reference with complete details on how to use coconut to prevent and treat dozens of common health problems. The foreword is written by Dr Conrado Dayrit, the first person to publish studies showing the benefit of coconut oil in treating HIV.

**Qualitative Methods in Public Health** Elizabeth E.

Tolley 2016-03-24 *Qualitative Methods in Public Health: A Field Guide for Applied Research*, 2nd Edition provides a practical orientation to conducting effective qualitative research in the public health sphere. With thorough examination and simple explanations, this book guides you through the logic and workflow of qualitative approaches, with step-by-step guidance on every phase of the research. Students learn how to identify and make use of theoretical frameworks to guide your study, design the study to answer specific questions, and achieve their research goals. Data collection, analysis, and interpretation are

given close attention as the backbone of a successful study, and expert insight on reporting and dissemination helps you get your work noticed. This second edition features new examples from global health, including case studies specifically illustrating study design, web and mobile technologies, mixed methods, and new innovations in information dissemination. Pedagogical tools have been added to help enhance your understanding of research design and implementation, and extensive appendices show you how these concepts work in practice. Qualitative research is a powerful tool for public health, but it's very easy to get it wrong. Careful study design and data management are critical, and it's important to resist drawing conclusions that the data cannot support. This book shows you how to conduct high-quality qualitative research that stands up to review.

**Nueva cura bíblica para el cáncer** Don Colbert

2013-09-12 La gente hoy en día

necesita y desea saber específicamente cómo sentirse y lucir mejor, cómo vivir más tiempo y llevar vidas saludables. En cada libro de la serie La cura bíblica, los lectores encontrarán información médica alternativa junto con verdades bíblicas alentadoras que fortalecen la fe. Presentar las enfermedades y los asuntos de salud comunes en hombres, mujeres y niños es una adición perfecta para el estante.

**Fundamentos De Medicina Osteopática/ Fundamentals of the Osteopathic Medicine**

American Osteopathic Association 2006-06-23

Evidence-Based Validation of Herbal Medicine Pulok K.

Mukherjee 2015-02-17

Evidence-Based Validation of Herbal Medicines brings together current thinking and practice in the areas of characterization and validation of natural products. This book reviews all aspects of evaluation and development of medicines from plant sources, including their cultivation, collection, phytochemical and

phyto-pharmacological evaluation, and therapeutic potential. Emphasis is placed on describing the full range of evidence-based analytical and bio-analytical techniques used to characterize natural products, including -omic technologies, phyto-chemical analysis, hyphenated techniques, and many more. Includes state-of-the-art methods for detecting, isolating, and performing structure elucidation by degradation and spectroscopic techniques Covers biosynthesis, synthesis, and biological activity related to natural products Consolidates information to save time and money in research Increases confidence levels in quality and validity of natural products *Bach Flower Remedies for Women 40+* Susanne Løfgren 2018-11-09 This book is an invitation for women, forty years old and above, to find new ways to deal with menopause and aging in order to live a happier life. The subjects in the book are body-mind-soul, TCM, balancing the

mind with Bach flower remedies, and a holistic view on menopause. The menopause and the third age is a possibility to clean up inside/outside and live a more balanced life. Learn how to treat yourself with love during a changing period. Focus on your potentials.

*Mayo Clinic Guide to Arthritis* Lynne S. Peterson 2020-09-08 A guide to living well with this common—and complex—condition from “one of the most reliable, respected health resources that Americans have” (Publishers Weekly). From the doctors at Mayo Clinic—the top-ranked hospital in the country according to US News & World Report—this book is a complete guide to understanding and living with arthritis. Find the latest expertise on various forms of arthritis, medications and other treatment options, and self-care to successfully manage joint pain and stay active and independent. If you have joint pain, you know it can lead to frustrating limitations in daily life. In fact, this

complex group of joint diseases—osteoarthritis, rheumatoid arthritis, and many other forms—is the most common cause of disability in the United States. But living with it doesn't have to mean sitting on the sidelines. This book offers the same expert knowledge that Mayo Clinic doctors, nurses and therapists use in caring for patients.

Mayo Clinic Guide to Arthritis:

- Breaks down different forms of arthritis and joint pain to help you understand their causes, their signs and symptoms, and what each may mean for your health
- Explores the latest in arthritis treatments, including new medications to slow or stop the disease, improved options for joint surgery, joint injections, and evidence-based guidance on pain control and integrative medicine
- Provides practical tips for living with arthritis while exercising, traveling, or working
- Offers useful advice on diet, mental health, and protecting your joints

ACTIVIDAD FÍSICA Y SALUD INTEGRAL Eduardo Medina

Jimenez 2002-11-20 Porque la salud es nuestro bien máspreciado, en este libro se presentan una serie de conocimientos que le permitirán adquirir una salud integral. Ya que no hay un factor que por si solo proporcione dicho estado -sino que se deben combinar una siere de actitudes o hábitos como son la alimentación, la actividad física, la higiene, entre otros- el autor desarrolla las bases teóricas o herramientas junto con una completa guía de ejercicios para que usted mismo pueda elaborar sus propios planes o programas de entrenamiento según sus necesidades específicas.

**Integrative Medicine** David Rakel 2007-01-01 Drawing on solid scientific evidence as well as extensive first-hand experience, this manual provides the practical information you need to safely and effectively integrate complementary and alternative treatment modalities into your practice. It explains how alternative therapies can help

you fight diseases that do not respond readily to traditional treatments... presents integrative treatments for a full range of diseases and conditions, including autism, stroke, chronic fatigue syndrome, and various forms of cancer...explores how to advise patients on health maintenance and wellness...and offers advice on topics such as meditation, diet, and exercises for back pain. 24 new chapters, a new organization, make this landmark reference more useful than ever. Provides dosages and precautions to help you avoid potential complications. Delivers therapy-based pearls to enhance your patient care. Facilitates patient education with helpful handouts. Offers helpful icons that highlight the level and quality of evidence for each specific modality. Includes bonus PDA software that lets you load all of the therapeutic review sections onto your handheld device. Presents a new organization, with numerous section headings and subheadings, for

greater ease of reference. Provides additional clinical practice and business considerations for incorporating integrative medicine into clinical practice. Enciclopedia de las medicinas alternativas Kristine M. Krapp 2003 Aceites esenciales - Enfermedades y trastornos - Homeopatía - Masajes - Medicinas alternativas - Nutrición y suplementos nutricionales - Plantas medicinales/fitoterapia - Remedios naturales - Salud - Terapias del movimiento - Tratamientos alternativos - Trastornos psicológicos.

**Fatigue in Multiple Sclerosis** Christian Dettmers 2016-02-03 Dear Readers, If you are engaged in the treatment of patients with MS (pwMS), this e-book's aim is to offer novel insights to improve on an understanding of one of the major problems of pwMS: fatigue. Although there is increasing research into fatigue and its impact on MS, this collection of ten articles supports a better understanding of fatigue in MS

patients. It explores pathophysiological concepts, provoking mechanisms, objective measurements, personality interactions, pharmacological and non-pharmacological interventions and summarizes clinical management. It is written by neurologists, psychologists, scientists and therapists and addresses this group of people, who deal with pwMS in private, clinical, rehabilitation or scientific settings. Its aim is to communicate high-quality information, knowledge and experience on MS to healthcare professionals, while providing global support for the international MS community.

*¿Truco o tratamiento?* Simon Singh 2020-04-24 ¿Qué funciona y qué no? ¿En quién puedes confiar y quién te está estafando? La verdad acerca de la eficacia de la medicina alternativa es abordada rigurosamente por primera vez por el único científico calificado para hacerlo: Edzard Ernst, el primer profesor de medicina complementaria del

mundo. Después de pasar más de una década en la Universidad de Exeter analizando meticulosamente la desconcertante evidencia a favor y en contra de las terapias alternativas, este exprofesional de la medicina tradicional y complementaria ofrece conclusiones definitivas ausentes de todo sesgo. Junto a él, firma este volumen el respetado escritor de ciencia Simon Singh, que aporta su conocimiento científico y una escrupulosa imparcialidad a este tema tan controvertido. Juntos nos ofrecen un examen contundente pero honesto de más de treinta de los tratamientos más populares, como la acupuntura, la homeopatía, la aromaterapia, la reflexología, la quiropráctica y las hierbas medicinales. Un análisis pionero, la mejor herramienta para eliminar dudas y contradicciones con autoridad, integridad y claridad. En su estudio de las curas alternativas y complementarias, Ernst y Singh se esfuerzan por reafirmar la primacía del



método científico para determinar la práctica y la política de salud pública.

**Curas alternativas** Bill Gottlieb 2003 An expert on alternative medicine gathers the techniques of 350 natural healers to offer insights into alternative treatments for 180 common complaints, including a demonstration that most migraines are caused by MSG. ¿Qué Tal Si Todo Lo Qué Crees Acerca Del Sida Fuera Falso?

Christine Maggiore 2001-03 Según este argumento breve y convincente, el SIDA no es, para nada, como se nos ha dicho. En forma sencilla y clara, este libro hace añicos los mitos populares acerca del SIDA y fortalece sus datos científicos con relatos conmovedores de personas que son VIH positivos.

**Alternativas para el Prozac** Ran Knishinsky 2000-10 A principios de la década de 1990, las ventas de Prozac superaban las de todos los demás medicamentos contra la depresión tanto en Estados Unidos como en el mercado mundial. En cambio hoy, en

Alemania y otros países de Europa, la hierba de San Juan se recomienda tres veces más que el Prozac para tratar la depresión, y han aparecido muchos otros remedios naturales, menos caros que el Prozac y sin sus numerosos efectos secundarios.

Alternativas para el Prozac es el primer libro que presenta un extenso panorama sobre la historia de la hierba de San Juan, los resultados de los estudios médicos y sus aplicaciones clínicas. También es el primero en proporcionar información sobre las demás terapias naturales contra la depresión: la kava, planta medicinal del Pacífico que alivia la tensión y la ansiedad; el aminoácido 5-HTP, que eleva los niveles de la serotonina y de las endorfinas; la homeopatía, que tiene remedios especiales acordes con las diferentes personalidades; el ginkgo; la fenilalanina; la tirosina; y las vitaminas B. Todos estos remedios son invaluable para el mejoramiento de la salud mental. Alternativas para el

Prozac habla de manera sencilla y directa sobre la depresión. Es un libro ideal para los consumidores responsables que desean saberlo todo y conocer todas las alternativas antes de decidir lo que más les conviene.

**Alternative Cures** Bill Gottlieb 2008 Gathers the techniques of three hundred natural healers to offer insights into alternative treatments for almost one hundred and fifty common health complaints, from acne to wrinkles.

**Emotional Intelligence** Daniel Goleman 1996-09-12

Daniel Goleman offers a vital new curriculum for life that can change the future for us and for our children

*A Course in Miracles* 2005

El recetario herbario Linda Blachly White 2002-01-01

**Snake Oil Science** R. Barker Bausell 2009 The author examines the scientific evidence for and against complementary and alternative medicine (CAM) in an entertaining critique of the strangely zealous world of CAM belief and practice that also furnishes an introduction on how to interpret scientific research of any sort.