



The Good Health Directory

Naomi Craft, Michael van Straten, Fiona Dry

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This easy-to-read book combines the ancient wisdom of herbal medicine, the more modern applications of homeopathy, the expertise of conventional medicine, the gentle effectiveness of aromatherapy, tried-and-true nutritional common sense, and a few basic physical exercises to promote good health among people of all ages. Remedies prescribed in conventional medicine, herbal remedies, homeopathic remedies, and warning signs telling readers when to call their doctor are listed for scores of diseases and maladies. Separate illustrated pages are devoted to both mild and serious problems-everything from temporary headaches, constipation, stress, and heartburn to asthma, varicose veins, arthritis, menstrual problems, tonsillitis, whooping-cough, and measles. Also recommended are first aid treatments for cuts, burns, bruises, and sprains, ways to alleviate motion sickness, and much more. Lists of effective home remedies and dietary recommendations are also given, helping to make this a quick-reference handbook that belongs in every household. Full-color illustrations throughout.

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