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This indispensable reference features the latest alternative approaches to diagnosing, treating, and preventing arthritis. It also details how to pinpoint the underlying factors leading to arthritis and includes proven and nontoxic ways to heal or manage arthritis naturally and without the risk of serious side effects. A completely updated and expanded guide to alternative treatments for arthritis. Covers supplement therapy, organ detoxification regimes, and immune system boosters to relieve joint pain, stiffness, and inflammation. From the creators of *Alternative Medicine* magazine and *THE ALTERNATIVE MEDICINE DEFINITIVE GUIDE*, which has sold 650,000 copies.

Alternative medicine holds the key to losing weight permanently. By correcting imbalances resulting from such conditions as food allergies, overactive hormones, yeast infections, an underactive thyroid, or parasites, the health-promoting tips and techniques in this book will help you restructure your health-and melt away unwanted pounds. This simple program kicks off with a comprehensive detox to flush toxins-commonly stored in fat cells-out of the system. Next it presents new ideas for losing weight by matching your diet to your unique body type and learning to choose the right fats, sweeteners, and supplements. Featuring more than twenty healthy recipes, detox teas and juices, lymph-stimulating methods for banishing cellulite, a menu-based eating plan, and the Super Seven Home Workout, *ALTERNATIVE MEDICINE MAGAZINE'S DEFINITIVE GUIDE TO WEIGHT LOSS* contains everything you need to get energized and become the healthy, trim person you've always wanted to be.

If you suffer from insomnia, sleep apnea, restless leg syndrome, or other sleep disorders, you don't have to endure another long, sleepless night. This second edition of *ALTERNATIVE MEDICINE MAGAZINE'S DEFINITIVE GUIDE TO SLEEP DISORDERS* holds the keys to lasting relief from such sleep-disturbing factors as toxic overload and body clock disruptions. Outlining seven reasons why people have trouble falling and staying asleep, sleep specialist Dr. Herbert Ross recommends several natural techniques-detoxification, dietary change, mind-body therapies, exercise, and more-to promote better sleep while enhancing your overall health. Unlike sleeping pills, which decrease sleep quality and become less effective over time, these holistic treatments will benefit your whole body over the long term to help you lose weight, increase immune system function, boost energy, improve mood, and enhance concentration. Good health and vitality are just a good night's sleep away.

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Provides information on alternative cancer treatments and includes patient case histories

Addresses the causes of insomnia, restless legs disorder, and sleep apnea, exploring how changes in diet, exercise, natural supplements, and mind/body therapies can provide lasting relief.

Explains how to use enzymes, aromatherapy, diet, nutrition, Ayurvedic medicine, glandular extracts, exercise, and supplements to help lose weight permanently.

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