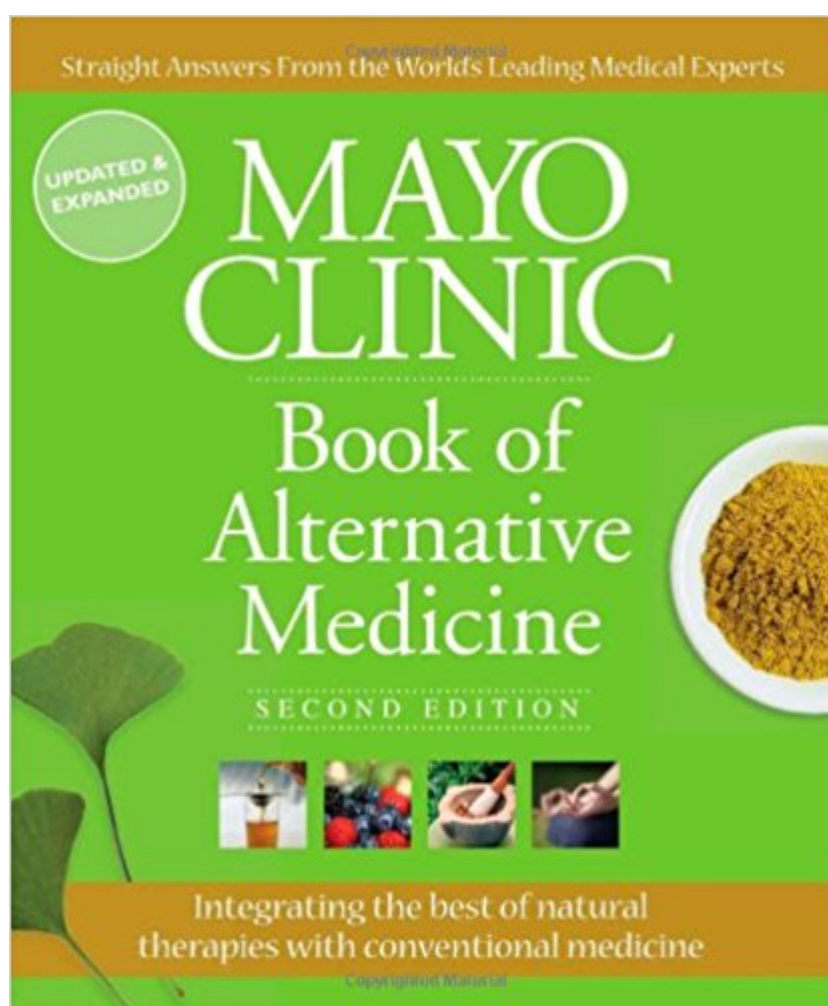


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# Mayo Clinic Book Of Alternative Medicine, 2nd Edition (Updated And Expanded): Integrating The Best Of Natural Therapies With Conventional Medicine





## Synopsis

This revised edition is fully illustrated and still offers the same practical advice by using the red light/green light rating system to evaluate treatments. From acupuncture to yoga, echinacea to St. John's wort, and meditation to healing touch, Mayo Clinic provides answers to the most pressing questions people have about the effectiveness of complementary and alternative medicine and when it's appropriate to use natural remedies in place of or in conjunction with traditional medicine. The book also provides helpful tips on how to treat common ailments and incorporate alternative treatments into the readers' and their families lives.

## Book Information

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## Customer Reviews

Mayo Clinic is one of the world's oldest and largest multispecialty group practices. Since 1904, millions of people from all walks of life have found answers at Mayo Clinic. When you purchase Mayo Clinic books, you help support Mayo Clinic programs, including medical education and research.

I found this book to be informative - gave it 3 stars because I knew most of this but was disappointed there was a lot that the Mayo Clinic didn't know about - and still said to talk with your doctor. Most doctors when you talk to them about herbs or alternative medicine they do not know anything - so how is a person going to get the correct information when no one really knows enough about herbs and their interaction with food or medications you take. Am waiting for some day when

all will be known so we can make an informed medical decision.

This was very interesting, and I learned a lot about complementary medical techniques. It was so interesting that I am attending the Elderhostel Road Scholar program at the Mayo Clinic in Rochester on the subject.

I found so many foods that act as alternative medication in lowering cholesterol and LDL. They also reviewed many foods that were false myths. I would highly recommend this book for people that are looking to use alternative medications along with the medications that their Doctor has ordered. My Cardiologist even recommended two of the medications in this book. They also have the research to back-up their findings!!

I respect the Mayo Clinic and wanted a reliable book that reviews many of the natural products touted on the market for a variety of ailments. This was it. It wades through much of it, and rates the remedies that are out there. Also, for each product there is information on what the research has shown. It's easy to read, and a great reference.

Expected a bit more from Mayo, there were some glaring absences from the book (oregano)

I liked this book so much, I order it for a friend. It has so much really good health and alternative medicine information in it, and you know it's reliable health information in these days of some harmful alternative medicines, because it comes from the Mayo Clinic.

Great book written by respected people in the field. Each section has a scientifically based, unbiased, explanation of the techniques of traditional care. The Mayo Clinic is an authority in health care and this leadership is expressed wonderfully by their openness to health care that has been used by humans for thousands of years. Moving forward from a system with many flaws, this is a great guide!

This book is very well presented. In terms of print quality, layout, ease of use and readability it's exemplary. The information it provides on the small number of Alternative Medicines it includes is not bad. However, the book includes a limited number of bioactive compounds that are widely used and it always ends with a very cunning disclaimer. Basically, its purpose seems to be to help people

make up their mind to not use alternative medicines.

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