



# Alternative Cures: More than 1,000 of the Most Effective Natural Home Remedies

*Bill Gottlieb*

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When your health is at risk, you want to consider every option.

In *Alternative Cures*, three hundred of America's top doctors and natural healers—herbalists, nutritionists, homeopaths, and naturopaths—share more than one thousand safe and effective remedies for many health concerns. Inside you'll discover

- a nutrient that blocks the side effects of arthritis drugs
- a two-nutrient combo that can help cure chronic fatigue
- an herbal “cocktail” that stops common flu symptoms in twenty-four hours
- an amino acid that works as well as Viagra
- a group of remedies that rein in high blood pressure
- a natural hormone cream that rebuilds bones
- a home remedy that stops sugar cravings immediately

Plus, there are easy-to-follow illustrations of healing exercises and pain-relieving pressure points—along with guidance on when to seek a professional. *Alternative Cures* provides not only health advice but peace of mind.

“A valuable resource of alternative and integrated medicines.”

—Elson M. Haas, M.D., author of *The False Fat Diet*

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