



Encyclopedia of Natural Healing: The Definitive Home Reference Guide to Treatments for the Mind and Body

Anne Woodham

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Not every type of alternative healing technique is going to be right for every person. This volume can help people discover the range of possibilities, and then consider what they may-or may not-be comfortable with. Comprehensive and authoritative, this essential illustrated guide examines over 90 of the most popular and effective complementary therapies, from aromatherapy to visualization. Which Therapy? : The Encyclopedia of Natural Healing explores in detail each therapy, explaining clearly the principles behind each one, and including demonstrations by expert practitioners of what to expect in consultation and treatment sessions. Instruction on current self-help techniques enhances this information. A thoughtfully designed interactive questionnaire helps you choose the best treatment for you-one that meets your health needs and suites your lifestyle and personality. The Latest Research: An extensive visual index describes the best treatment options for over 200 complaints, from minor illnesses, such as the common cold, to emotional problems and serious conditions, such as heart disease. Its unique ratings system, based on the most recent scientific research, offers at-a-glance information on the effectiveness of each therapy. Practical, accessible, and highly informative, the Encyclopedia of Natural Healing is the ideal companion for anyone wanting to explore, understand, and benefit from the many alternative therapies that enjoy evergrowing popularity.

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