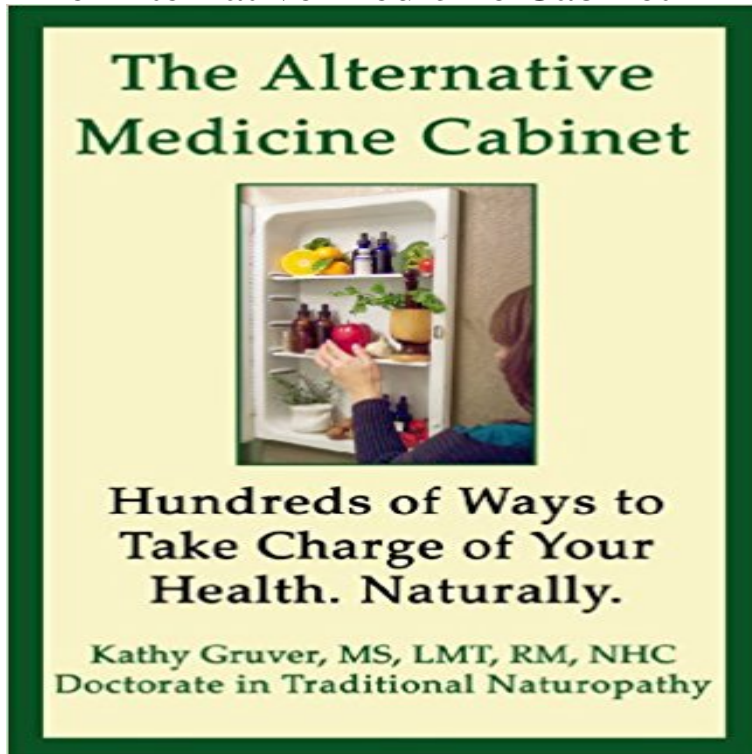


The Alternative Medicine Cabinet



This book is a must-have for anyone seeking to expand their knowledge of natural health and mind/body medicine, written in an easy to understand and informative way. The Alternative Medicine Cabinet covers a wide range of modalities such as massage techniques, homeopathics and Bach Flower Essences, and also provides natural solutions for common ailments like stress, back pain, sleep issues, and more serious conditions such as depression and cancer. Mind/body medicine, nutrition, womens health issues, patient advocacy and obesity are also addressed. There are also insightful tips for corporate health and wellness. This easy to read book has an extensive index to find what you are searching for as well as recommended resources for continued learning. Wanted to learn about different massage modalities or what reiki, homeopathics or Bach Flower Essences are? This is the perfect book. Written with humor and a down to earth style, read it from the beginning or skip to what interests you most. It is a must have book for anyone curious about natural health.

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