



# **Your Guide to Alternative Medicine: Understanding, Locating, and Selecting Holistic Treatments and Practitioners**

*Larry P. Credit, Sharon G. Hartunian, Margaret J. Nowak*

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The world of complementary medicine offers safe and effective solutions to many health disorders, from backaches to headaches. You may be interested in alternative care approaches, but have a number of questions you'd like answered before choosing a treatment. "Will I feel the acupuncture needles?" "What is a homeopathic remedy?" *Your Guide to Alternative Medicine* provides the facts necessary to choose an effective complementary care therapy.

This comprehensive reference clearly explains numerous approaches in an easy-to-use format. For every complementary care option discussed, there is a description and brief history; a list of conditions that respond; information on cost and duration of treatment; credentials and educational background of practitioners; and more. To find those therapies

most appropriate for a specific condition, a unique troubleshooting chart lists common disorders along with the complementary approaches best suited to treat them. Here is a reference that can help you make informed decisions about all your important healthcare needs.

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