

Table of Contents



<i>Dedication</i>	Pg. i
<i>About The Author</i>	Pg. iv
<i>About The Cover</i>	Pg. v
<i>How To Use This Book</i>	Pg. x

Section One

Your Health Care Options Today	Pg. 1
The Pros and Cons of Orthodox and Alternative Medicine	Pg. 6
The Dramatic Rise of Iatrogenic (Doctor-caused) Disease	Pg. 8
Alternative Healing Systems Available Today & How to Use Them	
—Naturopathy, 10; Homeopathy, 12; Enzyme Therapy, 19; Chiropractic, 22; Biofeedback, 23; Massage Therapy, 24; Polarity Therapy, 27; Magnet Therapy, 28; Applied Kinesiology, 30; Reflexology, 31; Acupuncture, Acupressure, 33; Mind-Body Healing: Meditation, Prayer, 36; Qigong, T'ai Chi, 38; Guided Imagery, 39; Hypnotherapy, 41; Aromatherapy and Flower Essence Therapy, 42	

Section Two

Holistic Recovery from Surgery or Illness.....	Pg. 49
—Normalizing after Chemotherapy and Radiation	Pg. 53
—Best Healing Results for Minimal Scarring after Cosmetic Surgery	Pg. 55
—Herb Interactions with Drugs Used During Surgery	Pg. 56

Section Three

Herbal Healing.....	Pg. 58
Your Herbal Medicine Choices Today	Pg. 60
—Using Herbs Safely, 62; The Controversy over Standardizing Herbal Elements, 66; Herb-Nutrient-Drug Interactions, 69; Herbal Preparation and Delivery Methods, 72	

Section Four

Foods for Your Healing Diet	Pg. 77
Food and Diet Choices to Help Your Healing Process	Pg. 78
The case for eating organically grown foods	Pg. 79
About genetically engineered foods	Pg. 82
—Fresh Fruits and Vegetables, 85-90; Chlorophyll, 91; Boost Enzymes, 92; A Vegetarian Diet, 93; Red Meat in a Healing Diet, 95; Protein, 98-99; Superfoods, Green Grasses, Mushrooms, 100-104; Macrobiotics, 105; Cultured Foods, 107-115; Soy Foods, 109-112; Water and Fluoridation 116-121; Caffeine, 122-124; Tea, 125-127; Wine, 128-129; Fats and Oils, good and bad fats for healing 130-139; Dairy Foods in a healing diet, 140-144; Sugar and Sweeteners in a healing diet, 145-153; Low Salt, 154; Sea Greens, Therapy from the Ocean, 156-161; Desert Plant Healers, 162-164	

Section Five

A Special Guide to Detoxification and Body Cleansing.....	Pg. 165
Understanding Detoxification	Pg. 167
—Spring Cleanse, 171; 24-Hour Cleanse, 173; Stress Cleanse, 174; Congestion Cleanse, 175; Brown Rice Cleanse, 177, Chemical Pollutant Cleanse, 178; Fat and Sugar Detox, 179	
Bodywork Techniques for Detoxification	Pg. 181
—Colon - Bowel Cleansing, 195; Bladder- Kidney Cleansing, 197; Liver - Organ Cleansing, 199; Lung - Respiratory System Cleansing; 201; Blood Cleansing Programs for Heavy Metal Toxicity, Alcohol and Drug Addiction, 203; Lymphatic Cleansing, 205; Skin Cleansing, 208	

Section Six

Lifestyle Healing Programs for People with Special Needs.....	Pg. 210
Having a Healthy Baby and a Healthy Pregnancy	Pg. 211
—Optimal Eating for Two; Natural Prenatal Supplements; Exercise and Bodywork in Pregnancy	Pg. 214
—Special Problems during Pregnancy	Pg. 221
Alternative Health and Healing Choices for Children	Pg. 223
—Childhood Diseases; Herbal Remedies for Children	
Anti-Aging: Optimum Health in the Golden Years	Pg. 238
—Herbal and Nutritional Supplement Choices to Combat the Signs of Aging	
Optimizing Exercise, Sports Performance and Fitness	Pg. 254
—Alternative Health Choices for the Athlete and Sports Enthusiast	
Alternative Medicines and Healing Treatments for Pets	Pg. 268
—Holistic Treatments and Herbal Remedies for Family Pets	

Section Seven

AILMENTS and HEALTH CONDITIONS	Pg. 289
—Almost 400 Ailments, Health Conditions and Healing Programs Considered	

Help Yourself

Look It Up! in the Alternative Health Care Arsenal.....	Pg. 570
All you need to know about the help you need to get. An Encyclopedia-style Reference of Effective Remedies and Healing Techniques that Consumers can Access for Themselves. Over 350 Entries in this Exhaustive Survey.	
— Resource Listing for Products Recommended in the Healing Programs	Pg. 624
— Bibliography	Pg. 627
— Expanded Index for Improved Cross-Referencing	Pg. 637