



## The Doctor's Book of Natural Health Remedies: Unlock the Power of Alternative Healing and Find Your Path Back to Health

By Peg Moline, Editors of *Natural Health*

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**The Doctor's Book of Natural Health Remedies: Unlock the Power of Alternative Healing and Find Your Path Back to Health** By Peg Moline, Editors of *Natural Health*

**The most comprehensive handbook ever written about vitamins, herbs, supplements, and holistic healing—everything you need to feel better, live longer, and look great doing it**

THIS BOOK MAY HELP YOU SAVE A LIFE—YOUR OWN.

With health care costs rising, insurance systems in flux, doctors and hospitals overwhelmed, the only person who can really take charge of your health and the health of your family is you.

This is your guide. For more than 40 years, *Natural Health* has been the leading authority on holistic, alternative, and natural healing. Now, for the first time ever, all that science-based, expert-driven, research-intensive information has been distilled into one must-have, authoritative guide to healing the self.

In these pages, you'll find stunning new research, unparalleled expert advice, how-to health guides, and a scientific, myth-debunking approach to natural remedies. Search for your symptoms. Find your cure. The power is yours. A clean life for you—and your family—starts now.

**Lose Dangerous Belly Fat, Fast:** And keep it off for good. Our all-natural, 10-step program tells you what to eat, drink, and do—with immediate waist-shrinking results. Discover which probiotics help you burn more calories when you eat, which popular, “healthy” nut actually slows your metabolism, and the stealth toxin in your kitchen that activates fat cell growth (eliminate it and slash your risk of obesity by 75 percent!).

**Look Younger, Feel Younger:** Discover the astonishing, inexpensive (and natural!) supplements that tighten skin, increase fat loss, and help build muscle. And learn some simple recipes for building anti-aging smoothies that turn fresh fruit into wrinkle-erasing superfoods.

**Sleep Easier Tonight:** Conquer fatigue with our 9-step plan to fall asleep quickly—and stay sleeping soundly throughout the night. (Hint: A subtle scent in your bedroom could be part of the problem!)

**Re-energize Your Love Life.** One supplement alone made a whopping 70% of women feel “more satisfied” after sex. Plus: How plant protein can re-energize your ovaries.

**Turn Up Your Mood Meter.** This one green, leafy vegetable has been shown to improve the effects of both Prozac and talk therapy.

**Cure that Cold or Flu:** Stop them before they start, with the newest natural options—one magical berry alone can reduce symptoms by 50 percent. Plus: A homeopathic “flu shot” that’s proven 88% effective.

### **PLUS! THE COMPLETE GUIDE TO HERBAL REMEDIES!**

**A-Z Guide to Healing Herbs:** Cure yourself with these 30 essentials, from aloe vera to white willow bark, nature’s relief for migraines, eczema, menopause, UTIs, anxiety, depression, and many more. It’s your new medicine cabinet, fully stocked.

**The Get Happy Herb Guide:** The serenity savers (lemon balm, kava kava) and bliss boosters (chocolate, milk thistle) guaranteed to raise your spirits.

**The Best Herbs for Women:** These 12 will ease your mood swings, headaches, menstrual cramps, menopause, with no nasty side effects. A must-read for husbands, too.

**AND!**

**Yoga, meditation and Ayurvedic therapies:** The latest science on treatments and classes, with complete how-to guides for at-home use.

*The Doctor’s Book of Natural Health Remedies*—in a world of questionable cures, it’s the one book you can trust.

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