



## Ten Natural Remedies

By Dr. James Balch

Main Street Books. Paperback. Book Condition: New. Paperback. 272 pages. Dimensions: 8.1in. x 5.4in. x 0.9in. Dr. James F. Balch's book Prescription for Nutritional Healing: A-to-Z Guide to Supplements established him as one of the most trusted authorities in the fields of alternative and homeopathic medicine. Now, in a groundbreaking new volume that may well revolutionize the way Americans think about their health, his potentially life-saving wisdom is more accessible than ever before. In 10 Natural Remedies That Can Save Your Life, Dr. Balch empowers readers to take action to protect their own health. He provides them with a better understanding of the healthy body and suggests natural remedies for medical problems, including: Barley grass, one of the richest sources of nutrients on earth, which has been shown in laboratory studies to prevent and successfully treat both breast and prostate cancer. Full-spectrum light and a change of habit, which in some cases can cure depression just as well as a drug. Dietary supplements. People need adequate levels of vitamins C and E to defend against harmful agents. The Three Gs--garlic, ginseng, and ginkgo--which have well-known beneficial properties. Dr. Balch shows readers how to achieve the best results. Using plainspoken common sense...



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