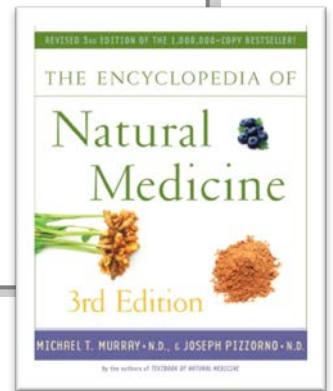


The Encyclopedia of Natural Medicine, 3rd Edition

Michael T. Murray & Joseph Pizzorno



Dr. Michael T. Murray and Dr. Joseph Pizzorno are two of the most trusted doctors of natural medicine in the world. In this third edition of **THE ENCYCLOPEDIA OF NATURAL MEDICINE**, the two naturopathic doctors team up once again to deliver the most powerful and up-to-date holistic remedies for more than eighty common ailments. Revised and expanded to include the latest research in this field, Murray and Pizzorno focus on promoting health and treating disease with nontoxic, natural therapies.

Naturopathic medicine follows these seven principles:

- Do no harm: use safe, effective, natural therapies.
- Nature has healing powers: the physician's job is to enhance the body's natural power to heal itself.
- Identify and treat the cause: find the cause, rather than just suppress the symptoms.
- Treat the whole person: administer to the patient's physical, mental/emotional, spiritual, and social sides.
- The physician is a teacher: educate and motivate patients to take more responsibility for their health.
- Prevention is the best cure: health-supporting life habits prevent disease.
- Establish health and wellness: increase the patient's positive physical and mental state.

**“One of the best books on natural medicine
for consumers.” —*Library Journal***

“Should be in every home.” —*Total Health*

Fully revised for the first time since 1997, this A-Z guide includes brand-new treatments, the latest scientific studies, and wisdom from today’s cutting-edge research in the field of naturopathy. From dealing with acne to varicose veins, each topic includes a list of symptoms, a description, therapeutic considerations, and a treatment summary, along with suggested nutritional supplements and herbal medicines. Focusing on prevention, safety, and the key naturopathic principle of treating the whole person, **THE ENCYCLOPEDIA OF NATURAL MEDICINE** shows how to avoid disease, increase longevity, and develop a healthy lifestyle.

This book gives you the tools to improve your health through a positive mental attitude, healthy lifestyle, health-promoting diet, and supplements, with plenty of practical tips. Learn disease prevention through enhancing key body systems. The bulk of the book details natural remedies for treating more than 70 ailments. Each includes symptoms, description, therapeutic considerations (with discussion of studies), and a treatment summary, including nutritional supplements and botanical (herbal) medicines. This text is a perfect introduction to the world of natural medicine.

For more information on **THE ENCYCLOPEDIA OF NATURAL MEDICINE**, visit www.doctormurray.com.

AUTHOR BIO:

Author of 23 books, including the acclaimed bestseller *The Encyclopedia of Natural Foods* (co-authored with Dr. Joseph Pizzorno), **Dr. Michael T. Murray** is regarded as the world authority on natural medicine. An educator, lecturer, researcher and health food industry consultant, Michael also serves as the Director of Product Development and Education at Natural Factors, a health product firm.

Dr. Joseph Pizzorno is a leader in the field of natural medicine, and co-founder of Bastyr University, the first ever accredited, multidisciplinary university of natural medicine in the United States (and the English-speaking world). An international lecturer and on-going contributor to magazines such as *Natural Health*, *Better Nutrition* and *Let's Live*, he also co-wrote the acclaimed bestseller *The Encyclopedia of Natural Foods* with Dr. Michael Murray.