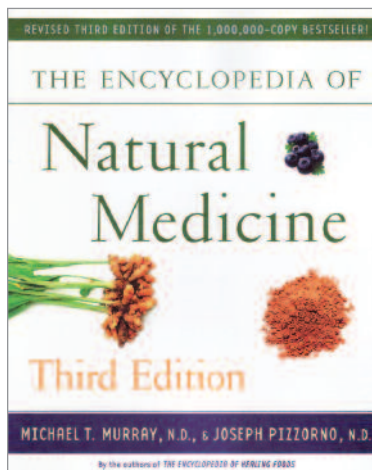


Natural Medicine, In Depth

As we learned last month in our look at the life and work of John Bastyr (Wellness Watch), naturopathic medicine went into eclipse in the middle of the 20th century only to experience a revival in the 1970s and 80s. As part of this resurgence, many writers attempted to make the modality's principles more accessible to the public. This effort included publication of *The Encyclopedia of Natural Medicine* by Michael Murray, ND, and Joseph Pizzorno, ND, two notable names in the field. (Pizzorno, one of Bastyr's students, was the founding president of Bastyr University.)

More than a million copies sold later, *The Encyclopedia of Natural Medicine* is now in its third edition (Atria). The first three parts present



an introduction to natural medicine, the four cornerstones of good health—positive attitude, healthy lifestyle, healthy diet and appropriate supplementation—and information

on special topics, such as stress management and immune system support. (For Murray's advice on bolstering immune defenses against colds and flu, see page 30.)

The heart of the book, though, lies in the fourth part, where detailed discussions of more than 80 health conditions are presented. Each includes causes, therapeutic considerations, a bullet-point review and a treatment summary.

Murray and Pizzorno say their book is "based on firm scientific inquiry and represents an evidence-based approach to wellness." Combining this white-coat approach with alternative medicine's time-honored belief in the body's power to heal itself helps explain *The Encyclopedia of Natural Medicine's* enduring appeal.

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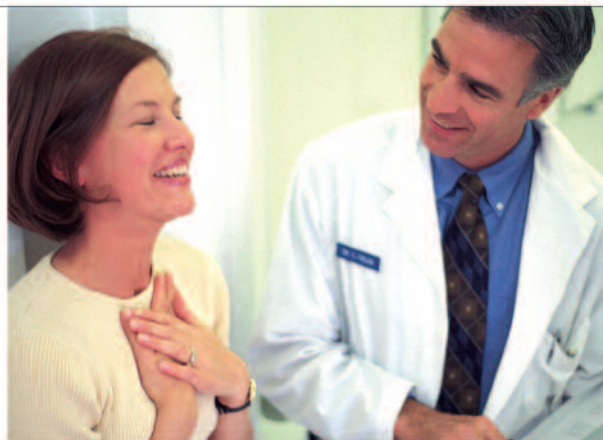
– Beverly Krause, AZ

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