



Natural Cures For Dummies

Scott J. Banks, Joe Kraynak (With), J. J. Virgin (Foreword by)

E-Book	978-1-119-03019-5	March 2015	\$14.99
Paperback	978-1-119-03022-5	March 2015	\$22.99

DESCRIPTION

Find natural cures for more than 170 health conditions

Packed with over 170 remedies for the most common ailments, from arthritis to varicose veins, *Natural Cures For Dummies* will serve as your complete health advisor. This user-friendly reference arms you with information on the symptoms and the root causes of each problem along with a proven, natural, customized prescription. Whether you are looking for relief from a particular nagging ailment or simply wish to obtain optimum health, *Natural Cures For Dummies* gets you on track to approaching healthcare from a natural standpoint.

- Offers clear, expert guidance on dietary changes, healing foods, and natural supplements to treat common conditions
- Includes down-to-earth descriptions of health problems and the range of natural remedies that can be used to manage them
- Shows you how natural cures can treat over 170 of the most common ailments
- Demonstrates how you can dramatically boost your health and wellbeing the natural way

If you're navigating the sprawling world of alternative medicine and looking for a good place to start, *Natural Cures For Dummies* has you covered.

ABOUT THE AUTHOR

Dr. Scott J. Banks has been in clinical practice for more than 30 years. In 2013, Banks joined an elite group Institute for Functional Medicine Certified Practitioners. He is uniquely trained in the Functional Medicine model to identify and treat the root causes of illness, disease, and chronic disorders.

Joe Kraynak has authored and co-authored numerous books.

To purchase this product, please visit <https://www.wiley.com/en-us/9781119030195>