

Bookmark File PDF The Complete Homeopathy Handbook Safe And Effective Ways To Treat Fevers Coughs Colds And Sore Throats

The Complete Homeopathy Handbook Safe And Effective Ways To Treat Fevers Coughs Colds And Sore Throats Childhood Ailments Food Poisoning Flu And A Wide Range Of Everyday Complaints

Provides information about homeopathic medicine, including what it is, how it works, what it can be used for, how to incorporate it into conventional treatment programs, and how to find a homeopath.

This alphabetically arranged guide offers homeopathic remedies for everyday health problems, describes ten case studies, and discusses the dos and don'ts to follow when treating an illness

Homoeopathic remedies for all types of ailments and illnesses contracted by children, ideal for helping parents decide which medicine to use.

Your body has incredible healing powers of its own! All you need to do is to utilize it under guidance!

Homeopathy today offers an array of treatments for common health problems. The two renowned homeopaths and authors to this book make homeopathy applications as simple as learning abc! The present book offers step-by step approach to recognize and treat more than 70 specific conditions from ailments like - allergic reactions, indigestion, sinusitis, measles, flu, burns, food poisoning to headache, bladder infections, insomnia, nausea, swollen glands and much more.

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This easy-to-read book is the best all-round introduction to homeopathy available. Dr. Dooley intersperses stories from his twenty-five years of training and experience as he explains: * what homeopathy is * how it differs * when to use it * what to expect * how to get results * and what is needed for success in treatment. Highly recommended by homeopathic practitioners.

A guide to homeopathic remedies shows how many common ailments can be treated at home using plants, herbs, and minerals

A revised and updated edition of the classic handbook for women seeking a safe, organic, eco-friendly, and natural pregnancy, featuring an integrative-based approach with new medical, herbal, and nutritional information. Over the last two decades, *The Natural Pregnancy Book* has ushered thousands of women through happy and healthy pregnancies. Addressing women's health from conception to birth, Dr. Romm describes herbs that can promote and maintain a healthy pregnancy, and allays such familiar concerns as anxiety, fatigue, morning sickness, and stretch marks. She also discusses the components of a healthy diet, with an emphasis on natural foods. New to this edition is integrative health advice based on Dr. Romm's new credentials as a Yale-trained physician, combined with her twenty years of experience as a midwife and herbalist.

A richly illustrated guide to homeopathy profiles the top 320 remedies for everything from asthma to infertility, providing self-help tips and treatment procedures for serious ailments and minor health problems alike.

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This is a most interesting book that combines psychology with homeopathy. Philip Bailey describes in depth the personality profiles of some 35 polychrests. The last pages of the book cover a mix of psychological astrology and homeopathy when he explores the elements and some polychrests. Bailey provides detailed information on 35 major types, giving insight on diagnosis, mental and emotional traits, and physical characteristics. His broad profiles of major constitutional remedies give the reader a good overall picture of the personality type and therefore ways of remembering facts about the archetype, by having a unifying theory for each remedy. An easy-to-use reference and guide for selecting homeopathic remedies for acute ailments. Contains symptom guides and diagnostic interview questions. Over, 33,000 sold.

CNS, New York Times bestselling author of *The Fat Flush Plan* Your Natural Medicine Cabinet features the most important and up-to-date information for healing nearly 200 common ailments using the most effective, fastest-acting, and affordable natural remedies available today. Its concise, user-friendly format is ideal for overworked moms, stressed-out dads, and anyone interested in simple, natural, drug-free alternatives for themselves and their children. This hip, easy-to-understand A-to-Z guide provides “best practices” for the speedy and effective treatment of key health problems. You will learn how to save money on health care, safely treat yourself and your family, and enhance your overall health and energy with supplements, superfoods, homeopathics, cell salts and flower

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essences. The author also recommends related books and web-based resources, carefully researched for your further, in-depth study. She outlines healthy foods to eat and those to avoid, shares effective energy-based exercises, and shows when craniosacral and chiropractic techniques are an effective adjunct to her recommended treatments. Your Natural Medicine Cabinet is an indispensable health resource that you can refer to time and time again.

In this book, Dr. Hamilton carefully and clearly lays down the essential knowledge needed to use homeopathy successfully. To read this book is to prepare you to help your animal with the many day to day vicissitudes of life...take some time, read this book carefully, and learn of one of the greatest discoveries in the history of medicine. We are fortunate to have a healer of Dr. Hamilton's stature take us on this journey. -From the Foreword by Richard Pitcairn D.V.M., PhD

Organized alphabetically by disorder, this convenient reference clearly describes all you need to know about homeopathy and the treatment of numerous disorders. For each condition, many possible remedies are suggested so you can find the one that most accurately fits your symptoms. From food poisoning to varicose veins, this book provides detailed homeopathic solutions for a wide range of ailments.

Homeopathic Guide to Stress is a book by Miranda Castro. Topics include Anxiety, guilt, depression, loss, illness and injury, negative effects of the environment, children's concerns and much more!

Increasingly, people are turning to homeopathy and

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they're eager to know more about what's safe and effective. They'll find the trustworthy, comprehensive, and user-friendly advice they're seeking in this supremely practical handbook. It answers all the most frequently asked questions, explaining exactly how homeopathic remedies work, which to choose for specific ailments, and when to call a professional. A huge section is devoted to different aspects of health, starting with accidents and emergencies, and proceeding through every facet of physical and psychological care. Of special interest: a list of 50 commonly needed remedies for acute conditions that can be safely kept in the house and how to store them. With information on diagnosis, treatment, prevention, and cure, this is an invaluable addition to every home.

This book traces the genesis, principles and practice of homeopathy, and discusses the reasons for its enduring popularity. Two hundred years ago, medicine had little to offer except blood letting and the administration of violent purgatives – practices which shortened the course of illness by hastening the death of the patient. Largely in reaction to what he correctly saw as the brutality and ineffectiveness of the medicine of his day, the eighteenth century German physician Samuel Hahnemann developed a system of therapeutics that he termed homeopathy. Ironically, while modern medicine has changed beyond recognition, homeopathy, with its roots in alchemy and metaphysics, continues to be practiced precisely as it was in Hahnemann's day. Readers of this book will enjoy the story of homeopathy and its almost magical attraction, whilst learning much from the authors'

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rational and scientific discussion of the biological, chemical and psychological questions that this treatment raises.

This volume includes the full Health Technology Assessment (HTA) report on effectiveness, appropriateness, safety and costs of homoeopathy in health care. The report was commissioned by the Swiss health authorities to inform decision-making on the further inclusion of homoeopathy in the list of services covered by statutory health insurance.

Other studies carried out as part of the Swiss Complementary Medicine Evaluation Programme (PEK) caused a massive stir due to their schematic and exclusively quantitative (negative-)outcomes for homoeopathy. The present report, in contrast, offers a differentiated evaluation of the practice of homoeopathy in health care. It confirms homoeopathy as a valuable addition to the conventional medical landscape – a status it has been holding for a long time in practical health care. The Complete Homeopathy Handbook Safe and Effective Ways to Treat Fevers, Coughs, Colds and Sore Throats, Childhood Ailments, Food Poisoning, Flu, and a Wide Range of Everyday Complaints Macmillan

The third revised edition of the most popular family homeopathic guidebook in the world, Everybody's Guide to Homeopathic Medicines teaches step-by-step how to select the correct homeopathic remedy

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for numerous common ailments and injuries. It also tells you when medical care is necessary and when it is safe to use homeopathy yourself. Homeopathy is a natural, safe, inexpensive, and highly effective complement and alternative to conventional medicine. By triggering the body's own self-healing abilities, homeopathic remedies effectively treat everyday ailments, including acute and chronic symptoms of mind and body. Everybody's Guide to Homeopathic Medicines provides clear and comprehensive information on homeopathic remedies for quick relief from colds, headaches, allergies, children's illnesses, PMS, and many other common ailments. Written by a physician together with the leading homeopathic educator in America, this revised edition of Everybody's Guide to Homeopathic Medicines offers the most detailed and comprehensive information available on the increasingly popular practice of homeopathy. THIS ESSENTIAL BOOK INCLUDES ADVICE ON HOW TO: - SPEED THE BODY S OWN HEALING PROCESS - STRENGTHEN YOUR IMMUNE SYSTEM - INDIVIDUALIZE HOMEOPATHIC TREATMENT - DIFFERENTIATE BETWEEN ONE HOMEOPATHIC REMEDY AND ANOTHER - OBTAIN THE APPROPRIATE HOMEOPATHIC MEDICINE EASILY AND QUICKLY - GAIN ACCESS TO LEADING HOMEOPATHIC ORGANIZATIONS AND RESOURCES More than 250,000 consumers

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have already found Everybody's Guide to Homeopathic Medicines informative and invaluable. It is the one medical guide that every family should have.

"Fifty-five common pediatric conditions are comprehensively discussed, with diagnostic and evidence-based treatment information, followed by authoritative information on the major CAM therapies available for treatment of the condition. Whenever possible, an integrative approach that combines conventional and alternative approaches is presented."--BOOK JACKET.

A comprehensive, practical, user-friendly guide to homeopathic care for women. Homeopathy is a safe, effective, natural alternative to drugs, hormones and surgery. This book helps a woman treat herself effectively for a wide range of common women's health conditions, while directing her to seek professional help from a competent homeopath when necessary. It also shows her how to find the correct homeopathic medicines for self-treatment and the fifty homeopathic medicines that should be in every woman's home medicine kit.

A Homeopathic Handbook of Natural Remedies offers the most succinct and up-to-date information available on homeopathy, a method of healing that works by stimulating the body's natural defenses. Laura Josephson provides an overview of the healing principles and history of homeopathy, clear

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guidelines for identifying and treating symptoms, and instructions for preparing and stocking your home kit.

In addition to homeopathic first aid treatment for such ailments as back pain, puncture wounds, eye injuries, fractures, and insect bites, the book outlines remedies for a wide range of everyday complaints, including allergies, coughs, colds, flu, fevers, digestive problems, headaches, PMS, earaches, insomnia, jet lag, and more. A separate section deals specifically with childhood conditions. Also included is an extensive resource directory of homeopathic pharmacies and a list of articles and other publications that provide further information. A guide to the use of homeopathy in treating a wide range of complaints. The book includes treatments for: coughs, colds, flu and sore throats; childhood illnesses, such as mumps; food poisoning; a variety of accidents and injuries; and toothache, earache, headache and menstrual cramps.

This book is the most comprehensive and easy-to-use guide available for parents who want to use homeopathy to treat their children's illnesses safely, gently, and effectively. Practical, concise, and user-friendly, *The Parents' Guide to Homeopathy* provides homeopathic remedies for more than 150 acute conditions, from annoying to threatening, that arise in the everyday lives of kids. Instructions on how to observe physical and emotional symptoms in kids from newborns to teens; succinct descriptions of

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gentle, safe, and nontoxic remedies; and sections on winter ailments, first-aid, enhancing healing, and travel put a wealth of knowledge at parents' fingertips. Remedy tables at the back of the book help decipher the correct treatment for each condition. Shelley Keneipp shares her wealth of knowledge and many years of experience to provide a clear, simple education concerning homeopathic remedies. She empowers parents who want to break the habit of relying exclusively on medical expertise and instead to use relatively economical over-the-counter remedies without worrying about harmful side effects. She suggests essential remedies to stock for any household first aid kit; provides background on common ailments such as coughs, colds, fevers, and digestive problems; and includes eye-catching sidebars that alert readers to conditions that demand immediate medical attention. Boxed entries clue readers to what symptoms to observe and how to differentiate between similar presentations. Taken together, these features make this book the gold standard for parents who want apply the gentlest possible cure in the shortest possible time with the fewest reasons for intervention.

Effective, safe, affordable, and free of chemical side effects—the benefits of homeopathy are endless! Already established in the national health care systems of England, France, and the Netherlands, homeopathic treatments are used by over

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five hundred million people worldwide. Alan Schmukler's Homeopathy discusses the history and science of this alternative medicine and provides a comprehensive list of proven remedies—safe for people and animals. Packed with homeopathic treatments for arthritis, colds, food poisoning, insomnia, Lyme disease, morning sickness, wounds, and a host of other ailments and injuries, this handy reference guide also includes information on homeopathic immunization and first aid. Schmukler gives helpful instructions for matching remedies with symptoms, ingesting them correctly, making remedies at home, and stretching your supply. Praise: "This book is a joy to read, easy to understand, comfortable to use. Whether you are a neophyte or an old-hand in your knowledge of homeopathy, you will benefit from having this book in your library. It is one of the most comprehensive acute care books on the market." LILIPOH Magazine "Schmuckler's handbook is a comprehensive modern look at the 200 most commonly used remedies that should help satisfy everyone's health questions through homeopathy." Alive Magazine "Heaven forbid we should find ourselves responding to a life-threatening or cataclysmic event, but if we did, this book would be a godsend! Alan believes homeopathy is 'magical, exciting, and empowering.' Having his book, already dog-eared and visibly well-loved, certainly makes me feel empowered!" Homeopathy Today

THE COMPLETE GUIDE TO A HEALTHY, NATURAL PREGNANCY

Pregnancy and childbirth can be one of the most exciting times in a couple's life. With Natural Pregnancy, you can make informed, educated decisions about your pregnancy to ensure your baby is born happy and healthy—naturally. Natural Pregnancy is the perfect resource for expectant parents; whether you choose to opt for an all-natural birth, or are looking to combine conventional treatments with homeopathy and holistic medicine, Natural

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Pregnancy is the all-in-one reference to keep your pregnancy simple and safe. Natural Pregnancy answers your questions and offers advice on common topics, including:

- * Prenatal tests and procedures, including ultrasound and amniocentesis
- * Vaccinations during pregnancy

- Homeopathic medicine for common pregnancy conditions and easier childbirth
- * Midwives and doulas
- * Home birth

- Homeopathy for healing after amniocentesis, perineal tears, and cesarean section ...and much more!

As medical techniques continue to advance, natural births are now safer than ever. For any parent looking to approach pregnancy and childbirth in a more holistic and natural way, Natural Pregnancy is your authoritative and reliable resource each step of the way.

A best-selling introduction to homeopathy for the general public that is also used as a first-year text in many homeopathic schools, Impossible Cure: The Promise of Homeopathy provides an in-depth and exciting account of the history, philosophy, and experience of homeopathic medicine. At the core of Impossible Cure is the amazing story of how the author's son was cured of autism with homeopathy. It also includes dozens of other testimonials of homeopathic cure, for a variety of physical, mental, and emotional conditions. Impossible Cure will serve as an invaluable guide to anyone interested in learning more about this intriguing form of health care. It has won endorsements from leading experts in alternative health care, including: Larry Dossey, MD (executive editor, Alternative Therapies in Health and Medicine, and author of Healing Words); Bernard Rimland, PhD (director, Autism Research Institute); Wayne Jonas, MD (director, Samueli Institute, and former director, Office of Alternative Medicine, NIH); Michael Castleman (author of The New Healing Herbs and other consumer health books); Louis Klein, RSHom (president, Luminos Homeopathic Courses);

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and Richard Pitt, CCH, RSHom(NA) (director, Pacific Academy of Homeopathy). About the author: Amy Lansky received her doctorate in computer science from Stanford University in 1983. After many years working at various Silicon Valley research institutions, she made an unusual career move -- she became a student, writer, and promoter of homeopathic medicine. This was prompted by the miraculous cure of her son's autism with homeopathy. She serves on the board of the National Center for Homeopathy and has been active in the national health freedom movement. She is dedicated to helping others -- especially families with autistic children -- discover the curative powers of homeopathy.

The Complete Guide to Homeopathy reveals the key principles of homeopathy, including the way we are categorized into "constitutional" types according to our physical and emotional characteristics. Self-assessment Questionnaire: A specially designed questionnaire, based on what a homeopath might ask during a first office visit, provides unique insight into the link between health and temperament and helps determine which constitutional type you most closely match. Index of Remedies: A photographic index of 150 remedies illustrates plant, mineral, and animal sources, ranging from common foods such as honey to toxic substances such as snake venom. A profile of each remedy gives its historical background, medicinal uses, and its corresponding constitutional type. Treating Common Ailments: Easy-to-use ailment charts show which remedies to take for everyday health problems such as insomnia, anxiety, eczema, and toothaches. Additional self-help treatments are recommended, and there is a quick-reference guide to homeopathic first aid.

No period in a woman's life is as filled with special concerns as pregnancy and new motherhood. Among the many discomforts and ailments treatable with the homeopathic

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remedies explained in this book are: For the mother: anemia, back pain, breastfeeding problems, constipation, exhaustion, hemorrhoids, insomnia, morning sickness, post-partum depression, sinusitis, varicose veins, yeast infections For the baby: breathing difficulties, chicken pox, constipation, cough, diaper rash, diarrhea, ear infection, hiccups, mumps, sleep problems, teething pains, vomiting In Homeopathy for Pregnancy, Birth, and Your Baby's First Year, practicing homeopath, Mirando Castro introduces readers to the many safe, effective, inexpensive, and nonmedical remedies that homeopathy has to offer women in this very important period. With reassuring, easy-to-read text, the book explains the principles of homeopathy and tells readers how to select the remedies that correlate to hundreds of common symptoms of physical and emotional distress. The book also offers natural ways to make labor and birth as relaxed as possible, using homeopathic methods. Complete with case histories, materia medica, and supportive and helpful tips throughout, this guidebook offers a wealth of natural-health information every expectant mother should consider.

This book may be the best medical investment you make for your family. Self-reliance in home prescribing is the goal of this acute care manual. This pictorial guide to homeopathic care is the first of its kind. While homeopathy has been around for over 200 years and there are many other first aid manuals and field guides available, this book takes the work to a new level. The most complicated task for the lay person in homeopathy is how to find a remedy for specific therapeutic indications in a short and reliable way. Here the content is laid out in three simple sections: 1. Philosophy 2. Six therapeutic modules 3. Materia Medica (MM) The color-coded references in the therapeutic modules and associated remedies help the reader navigate quickly and efficiently between content towards the desired goal of finding a remedy. The artfully

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designed layout of the Materia Medica pages capture the basics of confirmed clinical symptoms, description of the remedies and their therapeutic indications. Each therapeutic module gives a holistic overview of the conditions a hand and extensive differentials between the possible applicable remedies. Here the text is designed to hold the readers hand as they sit by the bed side of their sick children, helping them to recover their health in a fast and gentle way. The success of years of clinical practice, attending to those late night calls of infants with high fevers, whole families stricken with the flu, and/or mental and emotional crises, have served to be the foundation upon which this book is crafted. The text, which has been shaped from the simple of language of conversations with mothers, not only explains how homeopathy works and what to expect on the way to cure, but exposes the depth of possibilities of interconnection between this system of healing for the individual and our relationship to the world we live, and through insight into the curative potential of the natural substances found on this planet. Enjoy!

Homeopathic remedies are increasingly being used to treat common childhood ailments. They are safe, have no side effects or allergic reactions, are inexpensive and, above all, effective. In this guide, Dana Ullman explains what homeopathy is, how it works and how you can use it correctly to enhance your child's health. He recommends remedies for more than 75 physical and emotional conditions, including: allergies, grief, anxiety, headaches, asthma, measles, bedwetting, nappy rash, bites and stings, shock, burns, sunburn, colic, teething, coughs and colds and travel sickness Without doubt, this is the most comprehensive book on homeopathic pediatrics. Included is a complete guide to the correct use of homeopathy, recommended remedies for the treatment of more than seventy-five common physical,

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emotional, and behavioral conditions, and valuable information on the essential medicines that all parents should have in their home medicine kits

A comprehensive guide to homeopathic medicine. Practical and realistic advice on safe treatments for every condition from colds to cancer. It also provides nutritional and lifestyle advice and a section on prevention of disease and health maintenance. This fully revised edition has ensured that any new research that has led to further information or revised thinking is now incorporated in this bestselling guide.

A guide to choosing and using tried-and-tested homeopathic remedies for horses and ponies, with treatment guidelines for a wide range of common ailments and first aid applications. The book presents the advantages of using homeopathic remedies while offering an alphabetical listing and description of common ailments, suggested remedies, and their properties, using the remedies - dosages, storage, how to administer, and most importantly, when to call the vet. The authors describe the history of homeopathy and offer illuminating case studies, specific remedies, and practical applications. Increasingly, the scientific and medical communities are accepting homeopathy as a legitimate complementary therapy--and this book stands as the most professional, up-to-date guide on the practice currently available.

This is a comprehensive guide to homeopathic medicine. Practical advice on safe treatments from colds to cancer is offered, along with nutritional and lifestyle advice. This fully revised edition has ensured that any new research is incorporated.

Dr. Kathleen Fry explains in a clear, understandable way

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how you can act as "your own homeopath" to cure acute, common ailments with remedies easily found in your local health food store or pharmacy. You will gain the knowledge and confidence to treat your family with homeopathy to restore vitality, health and wellness, while avoiding or limiting use of costly drugs. This comprehensive reference book explains how homeopathy works, its history and how to choose and take the right remedy in acute situations. Dr. Fry includes helpful case studies from clients who've successfully treated their everyday ailments.

Want to ease sickness and pain without drugs or invasive procedures? Homeopathy, which uses flowers and herbs to create natural remedies, could be the answer. People are turning to this form of alternative medicine to alleviate conditions ranging from insomnia to arthritis to poor digestion. This reference offers a wide variety of treatments that are easy and holistic, as well as practical tips for everyday healing.

A comprehensive and authoritative guide for people seeking alternate health remedies that are natural, accessible and effective

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