

GUIDE TO ALTERNATIVE HEALTH

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Introduction

Many health experts agree that once the body is cleansed, nourished and balanced, it has the ability to heal and recover from disease as well as maintain health and long life. Studies tell us that old age doesn't cause illness. Not everybody who gets old gets sick. By design we're healthy. So how do we lose it? High stress living, processed foods, pollution, and too little exercise all take their toll on our bodies natural vitality. But we can restore our health and increase our vitality through the natural healing arts. These have been with us down through the ages and can be very powerful in engaging and supporting our body's own forces for health and vitality. Our bodies have a strong, innate knowing that works, often miraculously, to achieve a state of balance.

This book serves as an introduction to the various elements which form an alternative to traditional medical remedies as we know them. The book covers remedies in the form of herbal and homeopathic, as well as flower remedies and also covers the essential properties of various types of food. In addition, areas such as aromatherapy, homeopathy and osteopathy are covered. Overall, the book attempts to take a well-balanced look at the area of alternative health, opening up the readers mind to the various possibilities.

Most of us would agree that there are miracles in nature, but how many of us have a sense of wonder for the amazing creatures that we are? Look at your hands. Nothing that man has created excels the human hand in dexterity. And of the 5

billion people in the world, no two fingerprints are the same. If all of our muscles pulled together in one direction, we could lift as much as 25 tons. Not only that, we have a brain that would require a landmass the size of the state of Texas to recreate its full function. You're special. You deserve to be healthy. So read on!