

Natural Treatments

(NAPSA)—Increasingly, today's information-hungry, proactive consumers are finding that a variety of health issues can be treated through natural methods.

More than 300 health conditions listed from A to Z are addressed in *Healing Without Medication* (Basic Health Publications, \$24.95), by Robert S. Rister. A full-service guide, it

A Comprehensive Guide to the
Complementary Techniques Anyone
Can Use to Achieve Real Healing

HEALING *Without* MEDICATION

A PRACTICAL, USER-FRIENDLY GUIDE TO:

- Combining the Best of Science and Nature for More Than 300 Health Conditions
- The Healing Tools—An A-Z Listing of More Than 150 Nutritional Supplements and Herbs
- The Healing Partners—Potentially Lifesaving Information about Drug Interactions

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includes descriptions of the uses and properties of a wide variety of traditional and emerging healing techniques and details on interactions between common prescription drugs and herbs, minerals, vitamins and nutritional supplements.

A treatment summary presents a checklist of changes to diet, exercise and lifestyle, as well as herbs, minerals, vitamins, homeopathics and other nutritional supplements for each condition. Meanwhile, sections on “understanding the healing process” describe the limitations and possibilities of both conventional medical treatment and self-care.

Healing Without Medication is available in bookstores, health food stores, Internet bookstores and by calling 1-800-575-8890.