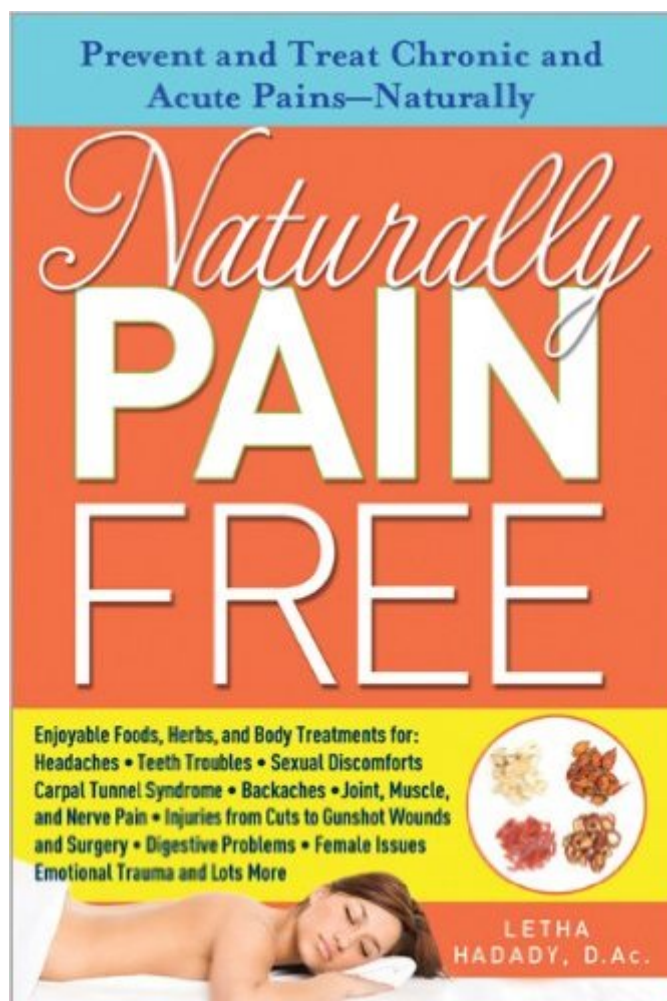


The book was found

Naturally Pain Free: Prevent And Treat Chronic And Acute Pains—Naturally



Synopsis

TACKLE YOUR PAIN THE NATURAL WAY Whether you've dealt with a lifetime of chronic aches and pains or suffer from a specific ailment, when you're in constant pain, relief is the only thing on your mind. Are you using the same over-the-counter painkiller to treat everything from toothaches to knee pain? If so, you may only be providing a temporary mask to your suffering—not healing it—and it's only a matter of time before the pain returns. Every pain is unique, from headaches to back strains to arthritis, and there's no one "solution" that fits all to alleviate your suffering. Natural remedies expert Letha Hadady knows that to treat pain you must focus on the cause. Organizing her advice by both symptom and type of pain, Hadady guides you on how to use a variety of all-natural herbs, extracts, and pills to ease and control the source of your suffering. Find Natural Pain Remedies For: •Arthritis •Sciatica •Backaches •Chest Pains •Nerve Pain •Migraines •Burns •Knee Discomfort •Carpal Tunnel Syndrome And More... Praise for Letha Hadady "There is no one else of Letha's stature, experience, and knowledge in the field of alternative medicine." •ALICE RHEE, NBC NEWS "The Martha Stewart of herbs." •CONDE NAST TRAVELER "Her encyclopedic knowledge of health and beauty is evident." •DAILY NEWS "Letha unearths the wisdom of the ancients." •NEW YORK POST

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Customer Reviews

Naturally Pain Free, by Letha Hadady, D. Ac., covers a multitude of complimentary treatments. At

times, the unfamiliar references may confuse beginners. Hadady makes a good attempt to explain everything, although her years of training and education built her in-depth knowledge, and some of the practices are very complex. However, many of the ideas and techniques for basic comfort care are safe and reliable for novices and for those who don't want to use herbs or invasive therapy. Hadady always offers appropriate cautions and information. Chinese, Eastern, Western, Ayurvedic, herbal, acupuncture, foods, Reiki, EFT, homeopathy, and light therapy techniques are included, and that's far from a complete list. Naturally Pain Free is an excellent reference book for safe and simple suggestions, such as relaxation exercises, diet tips for yeast problems, and calming qi gong practices. No one theory and belief system overshadows the others. As with any medicinal practice, she emphasizes more is not better, and readers need to read the cautions and understand the terminology before trying new ideas and products. Hadady points out that any product, including herbal remedies, may cause an allergic reaction in some people. One of the main problems concerning allergens stems from the fact that the herbs are mixed, and many preparations contain large numbers of herbs--making it impossible to tell what product caused a reaction, should one occur. In addition, strengths vary widely in some products and may depend on the part of the plant that's included. It's relatively easy to find experienced practitioners, as well as western-trained medical doctors, to consult, which the author points out is vitally important if you wish to take alternative remedies along with prescription medications.

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