

Today more and more people are turning to alternative medicine. In their turn, alternative practitioners often suggest remedies that people could have prescribed for themselves - if they had the correct information. This book is designed to provide such information by offering the opportunity to choose from among a wide range of remedies proposed by different therapies that are normally kept apart from one another. The book, therefore, offers suggestions for treatment from homeopathy, aromatherapy and herbalism - all of which are readily available without prescription.

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