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Smart Medicine for Healthier Living is a complete A-to-Z guide to the most common ailments and disorders and their treatments, using both alternative care and conventional medicine. This unique book is designed to give you quick and easy access to up-to-date information and advice regarding your personal health and safety. Smart Medicine for Healthier Living is divided into three parts.

Smart Medicine for Healthier Living: A Practical A-Z ...

Revised, updated and expanded to reflect the latest thinking and information on children's health issues, "Smart Medicine for a Healthier Child" enables parents to combine the best of conventional and alternative approaches.

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Safe and effective relief of common childhood disorders using nutritional supplements, herbs, homeopathy, acupressure, diet, and conventional medicine."A Practical A-to-Z Reference to Natural and Conventional Treatments for Infants & Children"Revised, updated, and expanded to reflect the latest thinking and information on children's health issues, Smart Medicine for a Healthier Child enables parents to combine the best of conventional and alternative approaches.

Smart Medicine for a Healthier Child: A Practical A-to-Z ...

Written by a medical doctor, a naturopath, and a registered pharmacist, Smart Medicine for Healthier Living is a complete A-to-Z guide to the most common disorders and their treatments, using both alternative care and conventional medicine. Comprehensive and easy-to-follow, Smart Medicine for Healthier Living is divided into three parts.

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INNER GENIUS BENEFITS: Improved cognition, mood and memory. Support for recovery from brain and nerve injuries (stroke, concussion, sciatica & various neuropathies) Potential symptom improvement and reduced progression of various neurodegenerative conditions, such as Alzheimer's, Parkinson's, ALS or multiple sclerosis.

The Smart Medicine – Optimal Health

Written by a medical doctor, a naturopath, and a registered pharmacist, Smart Medicine for Healthier Living is a complete A-to-Z guide to the most common disorders and their treatments, using both alternative care and conventional medicine. Comprehensive and easy-to-follow, Smart Medicine for Healthier Living is divided into three parts. Part one explains the full spectrum of approaches used to effectively treat common health problems.

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