

What Your Doctor May Not Tell You About Breast Cancer How Hormone Balance Can Help Save Your Life

A leading Alzheimer's expert presents a comprehensive program to help prevent and slow the progress of memory loss. There are currently more than four million Americans afflicted with Alzheimer's, and an estimated 14 million will have the disease by 2050. The good news is that everyone can make lifestyle changes to increase the odds that they will live well into old age with their mental faculties intact. Dr. Devi's groundbreaking program can help prevent the disease from developing and slow memory loss in those already suffering from the illness. By taking an active role in the management of the disease and through a combination of medication, natural hormone therapies, mental exercises, cognitive rehabilitation, and nutritional and herbal supplements, it is possible to slow the effects of this debilitating condition and improve the quality of life.

Millions of Americans suffer from chronic back pain, but what most don't realize is that their ailment is often caused by a combination of factors. According to Dr. Debra K. Weiner, identifying the disorders that contribute to chronic back pain is a critical part of the treatment process. To achieve lasting relief, a multifaceted, multidisciplinary approach is needed--no single pill or therapeutic procedure will solve the problem. In this authoritative guide, Dr. Weiner has distilled 20 years of research and clinical practice into an integrative six-step program. Readers will learn: how to identify the causes of their back pain and determine which treatments are most useful; how to distinguish their problem from potential misdiagnosis; traditional and alternative physical therapies and exercises; proven mind/body approaches; a guide to common medications and injections; pros and cons of different surgeries and invasive procedures; and much more.

This book will tell you latest alternative therapies to cure Cancer. You are the sole Judge and Jury to decide and try these. None of the books on Kindle as of now cover these therapies. 1. Ozone Therapy 2. Oxygen Cure 3. Proton Therapy 4. Rigvir Therapy 5. Dr. Johanna Budwig's Recipe 6. Dr. Hulda Clark's Protocol 7. Listen to these Doctors and their patients 8. Hydrogen Peroxide Protocol 9. Magnetic Therapy at work 10. Vitamins C, I.V. Therapy and so on. You will find this information very valuable all at one place.

25 MEDICAL TESTS YOUR DOCTOR SHOULD TELL YOU ABOUT ...and 15 You Can Do Yourself is an easy-to-use, up-to-date, A-to-Z guide that is a must-have reference book for any home library. This compact guide will give families the basic information they need in the most everyday medical situations, and allow readers to approach doctor visits not with fear, but with the confidence of an informed patient. Author Deborah Mitchell has provided the essential information about both common and uncommon medical testings, and the key information required for understanding, including:

- Simple screenings that could save your life
- Specialized tests for every member of your family
- How to tell if the risks of a test outweigh the benefits.
- Tips on choosing the best home testing kits
- The latest in prevention and diagnosis of common medical conditions
- The best way to prepare for tests and how to interpret the results

The book includes basic facts about conditions and diseases such as cancers,

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asthma, bronchitis, high cholesterol and many others.

This guide aims to explode the myths and misinformation about circumcision in an accessible, easy-to-read format. After describing the anatomy of the penis, the book explains the procedure, describes the risks associated and debunks the six most common reasons doctors will give when recommending it.

Discusses a variety of autoimmune diseases, including lupus, multiple sclerosis, Crohn's disease, and Graves' disease, offering information on signs and symptoms, diagnosis, risk factors, and treatment options.

Presents a program for restoring and maintaining gynecological health, sex drive, and energy.

This essential guide explains to parents which vaccines are necessary for their children, which are potentially dangerous, and how to protect their children from disease.

The best of Eastern & Western medicine is combined by physician-acupuncturist Raymond Chang, who offers individualized strategies for the millions of couples who want to improve their odds of conceiving.

In this comprehensive guide, a preventative cardiologist lays out your options to help you prevent heart disease. Heart disease is largely preventable, but conventional cholesterol management is often inadequate. According to university cardiologist and leading prevention specialist Dr. Stephen R. Devries, avoiding heart disease requires a far more comprehensive approach that balances new high tech testing with low tech treatments. Now, in *What Your Doctor May Not Tell You About Cholesterol*, Dr. Devries combines natural treatments with the latest scientific advances. New types of cholesterol tests are highlighted that go far beyond routine testing to identify hidden risks. Expanding the traditional medical model, Dr. Devries illustrates the role of mind/body interventions, lifestyle, supplements, vitamins, and conservative use of medication for optimal prevention. "Outstanding . . . Highly recommended." —Andrew Weil, MD "Dr. Devries is part of the new breed of integrative cardiologists who offer safe and effective alternatives...Highly recommended." —Stephen T. Sinatra, MD, FACC, CNS, author of *Reverse Heart Disease Now* "A must read if your cholesterol is high and you are trying to decide what to do about it. . . . Devries shares his 20 years of clinical experience as an integrative cardiologist and clearly guides patients through the myriad of supplement, herbal, dietary, and medication options for cholesterol management." —Victoria Maizes, MD, executive director, Program in Integrative Medicine, University of Arizona

Arguing that giving estrogen replacement therapy to women after menopause is medically the wrong thing to do, Lee suggests that natural progesterone can prevent most of the unpleasant side effects of menopause, including osteoporosis and weight gain.

A comprehensive, all-natural program to prevent and treat sinusitis and sinus-related disorders. Complete with lifestyle and dietary changes to improve respiratory function, including alternative therapies.

- "What Your Doctor May Not Tell You About Fibromyalgia (Warner, 1999), also by Dr. St. Amand and Claudia Craig Marek, has netted over 120,000 copies and has a monthly reorder rate of 3,000 copies. This book will serve as a companion to the hundreds of thousands of readers currently following the protocol outlined in that book.- Other titles on this subject frequently appear on Ingram's "A-list" for health books, including "Fibromyalgia (Walker & Co., 1996), which has over 350,000 copies in print, and

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precautions--on thousands of prescription and nonprescription medications.

Eliminate your symptoms and live a pain-free, drug-free life.

Coronary heart disease has long been the number one killer in this country, and for decades, we have been told about five basic risk factors: elevated cholesterol, high blood pressure, diabetes, obesity, and smoking. But the truth is that heart disease is much more complex-- with close to 400 risk factors! In this innovative guide, Dr. Mark Houston helps readers discover the causes of heart disease, how to prevent and treat its debilitating effects via nutrition, nutritional supplements, exercise, weight management, and lays to rest to various myths (cholesterol is not the primary cause) based on scientific studies and medical publications. Readers will also learn how to indentify the risk factors most likely to endager them and construct an arsenal of non-pharmacological preventitive strategies that can counteract this most deadly disease.

What Your Doctor May Not Tell You About Fibromyalgia is the only protocol that actually treat the condition, reduces drug dependency, and offer an actual cure. Most patients with fibromyalgia are on as astonishing array of medications--sometimes taking over 10 different medications and supplements a day to treat symptoms ranging from muscle pain and fatigue to hypoglycemia, IBS, and chronic candidiasis--and they still can't control their pain. This fourth edition of the book goes deeper into understanding the disease and the early intervention options that are available. With special attention paid to fatigue and pain management protocols, Dr. St. Armand goes into great detail about the big issues surrounding fibromyalgia today, including: A close look at supplements, including CBS oil--an unregulated market without the same scientific rigor as most medications Guaifenesin as a drug that does work, eliminating symptoms and restoring normal life to an astonishing 90 percent of the fibromyalgia sufferers A discussion of pharmaceuticals in treatment, and why "medical Band-Aids" won't treat the disease changes in disease protocol discussion of pharmaceuticals in treatment

A groundbreaking program that reveals what really causes heart disease-- and what can be done to prevent and treat its devastating effects on long-term health. Coronary heart disease has long been the number one killer in this country, and for decades, we have been told about five basic risk factors: elevated cholesterol, high blood pressure, diabetes, obesity, and smoking. But the truth is that heart disease is much more complex-- with close to 400 risk factors! In this innovative guide, Dr. Mark Houston helps readers discover the causes of heart disease, how to prevent and treat its debilitating effects via nutrition, nutritional supplements, exercise, weight management, and lays to rest to various myths (cholesterol is not the primary cause) based on scientific studies and medical publications. Readers will also learn how to identify the risk factors most likely to endanger them and construct an arsenal of non-pharmacological preventative strategies that can counteract this most deadly disease.

Houston offers a revolutionary, all-natural treatment program for reversing hypertension, the "silent killer" that affects more than 60 million Americans.

What Your Doctor May Not Tell You About FibromyalgiaThe Revolutionary Treatment That Can Reverse the DiseaseGrand Central Publishing

From the series that demystifies disease comes an in-depth look at Glaucoma, a condition that is often misunderstood and is the leading

