



The Family Naturopathic Encyclopedia

Linda Woolven, Ted Snider

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This comprehensive overview of naturopathic medicine is easy to use, well organized, authoritative, and fun to read. Organized alphabetically, the text draws extensively from Woolven's own personal practice as a master herbalist, and from both Snider and Woolven's experiences as respected publishers of The Natural Path, a leading source of natural health information.

The book's emphasis is on common family ailments, from childhood through the senior years. Each of the over 150 topics covered urges readers to use the body's natural healing power to treat underlying causes of illness. From colic and ear infections, to the immune system, fibroids, to prostate cancer, vision, rheumatoid arthritis and migraines, the authors provide clear explanations of why the problem exists, what changes to diet and lifestyle may be required to remedy the situation, what current research suggests, and what treatments have proved successful in the past.

The authors' easy-to-read and information-packed writing style helps readers feel they are participating in a personal one on one consultation with holistic experts.

Extensive footnotes and references point the way to additional, more specific information when such is required.

The book is illustrated with charts and diagrams, and supplemented with an index and bibliography.

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