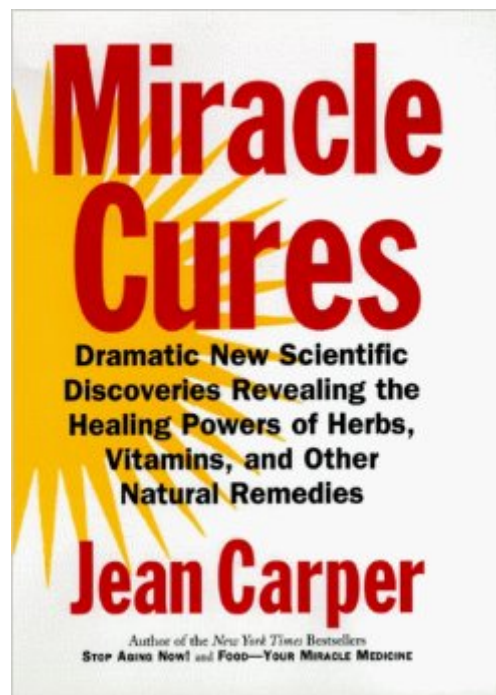


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Miracle Cures: Dramatic New Scientific Discoveries Revealing The Healing Powers Of Herbs, Vitamins, And Other Natural Remedies



Synopsis

Nationally syndicated columnist and America's leading authority on health and nutrition, Jean Carper now turns her attention to the public's increasing demand for medically proven natural cures. The first comprehensive guide to fully document the effectiveness of vitamins, minerals, herbs and other natural substances, *Miracle Cures* is backed by the latest scientific findings of leading scientific institutions, research centers and medical journals, including the New England Journal of Medicine and the Journal of the American Medical Association. Written in the same lively style that has made Jean Carper's previous bestsellers so accessible, *Miracle Cures* also includes awe-inspiring cases of medically verified natural cures. The result is an essential resource for anyone who wants to make informed choices for their health, take charge of their well-being and live longer, healthier lives.

Book Information

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Average Customer Review: 4.5 out of 5 stars Â Â See all reviewsÂ (50 customer reviews)

Best Sellers Rank: #1,149,163 in Books (See Top 100 in Books) #433 inÂ Books > Health, Fitness & Dieting > Nutrition > Vitamins & Supplements #816 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy #1929 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies

Customer Reviews

The basic concept of the book is that there are herbal and dietary ways to alleviate or cure many of today's medical afflictions; that the many modern medications (and their associated side affects) may not be only path to relief. The author does a wonderful job of presenting the case for 21 such remedies in a reasonably scientific manner, with a minimum of sensationalism (yes, there is some, how can you avoid it in this genre, the book is called *Miracle Cures* after all). Let me say upfront, I am a skeptic. I firmly believe in the adage - if it seems too good to be true, it almost certainly is not. However, Jean Carper, presents each remedy or supplement in such a straight forward manner that

the claims seem reasonable, and for the cost of a few supplements, you have to ask yourself - Why not? Each chapter covers one remedy, with sections on - what it is, how it works, supporting evidence (in the form of tests and trials), who should take it, how much to take, and consumer concerns (good brands so you don't get burned by buying bogus stuff). I found the latter helpful in searching out certain of the harder to find supplements, although many of the supplements are available in Standardized varieties now, so it may be less vital information than it was in 1997. Does any of the stuff work? I do not know at this time. I have been convinced enough to put up a few dollars to try some of them though. My wife has moderately elevated cholesterol, so we are giving the grapefruit fiber a shot. We have all been a little moody lately (lots of stress), so we are giving the fish oil (Omega-3) a try. If these seem to work, I may try a few of the others. My only complaint is that the book has a 1997 copyright, and could really use an update.

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