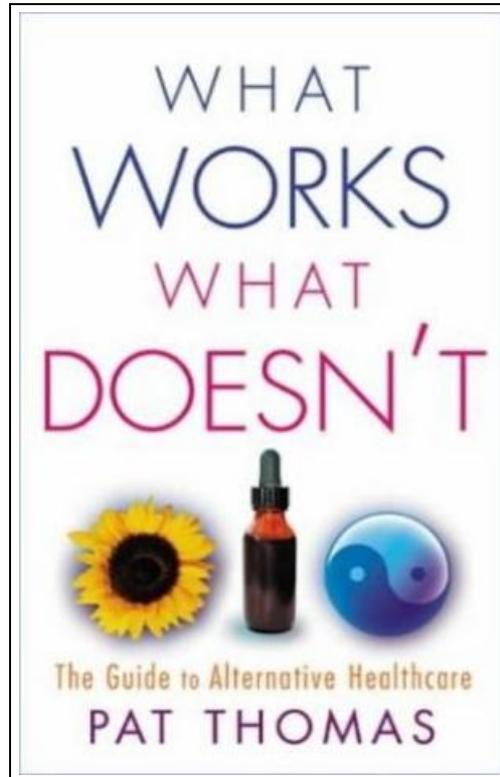


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WHAT WORKS, WHAT DOESN'T: THE GUIDE TO ALTERNATIVE HEALTHCARE (PAPERBACK)



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Gill, Ireland, 2003. Paperback. Condition: New. Language: English . Brand New Book. Disappointment with conventional healthcare has led to an unprecedented interest in natural alternatives. At the same time, holistic medicine and therapies have aggressively marketed themselves as safe and effective, and most of the time this is the case. But enthusiasm for alternatives is not always justified - not every therapy can cure every ill, not every supplement enhances health. Alternative healthcare is big business. The opportunity for individuals to take greater control of their health has given scope to every kind of company to manufacture, promote and sell natural therapies and medicines. Pat Thomas is passionate about the concept of alternative healthcare, but she is equally passionate about getting to the truth, and will not hesitate to criticise where appropriate in order to give the consumer a real choice. Written from the point of view that choice without information is no choice at all, it is first and foremost a consumer publication and will become the bible of alternative healthcare. Other books by Pat Thomas *Cleaning Yourself to Death* *Headaches: The Common Sense Approach* *Pregnancy: The Common Sense Approach*.



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