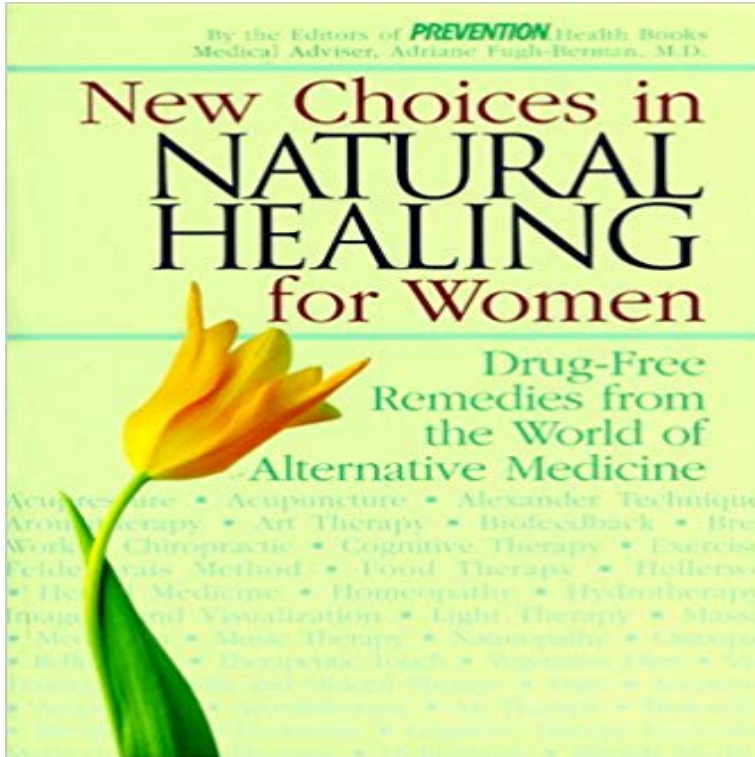


## New Choices in Natural Healing for Women: Drug-Free Remedies from the World of Alternative Medicine



The original New Choices in Natural Healing is one of the bestselling health titles of all time. Now the second book in the series, specifically for women, is available in paperback. Aromatherapy, healing herbs, massage, and other drug-free, mind-body approaches to health, are making headlines in places like Ladies Home Journal, Self magazine, and on television's Good Morning America. Now all of these alternative options are accessible in one volume. This easy-to-use reference identifies 30 practical alternative therapies alphabetically, then details how to use them for 95 conditions of concern to women, including breast pain, urinary tract infections, pregnancy, and menopause issues. With this one-stop source that helps separate alternative fact from fiction, women can make natural healing choices with confidence.

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