



Alternative Cures: The Most Effective Natural Home Remedies for 160 Health Problems

Bill Gottlieb

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As the editor-in-chief of *Prevention Magazine Health Books*, Bill Gottlieb created the 10-million copy self-care bestseller, *The Doctors Book of Home Remedies*, and was the author of the 1.5 million copy alternative health bestseller, *New Choices in Natural Healing*. Now, Bill has once again created a groundbreaking book—a book that can help anyone safely, successfully and naturally self-treat 160 everyday and serious health conditions: *Alternative Cures*. To write this unique book, Bill interviewed over 300 of America's top natural clinicians—doctors, herbalists, nutritionists and more. You'll discover over 1000 of their most effective, practical and safest natural remedies for an A-to-Z of health problems, from arthritis, back pain and high cholesterol, to repetitive strain injury, weight gain and yeast infections.

Plus, every chapter of *Alternative Cures* has a guide to the best alternative and conventional *professional* care for the condition it covers. And, you'll find essential safety information for every remedy featured in the book. Once you look at it, we think you'll agree: There's never been a more useful, reader-friendly, get-better book about alternative health and healing than *Alternative Cures*.



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