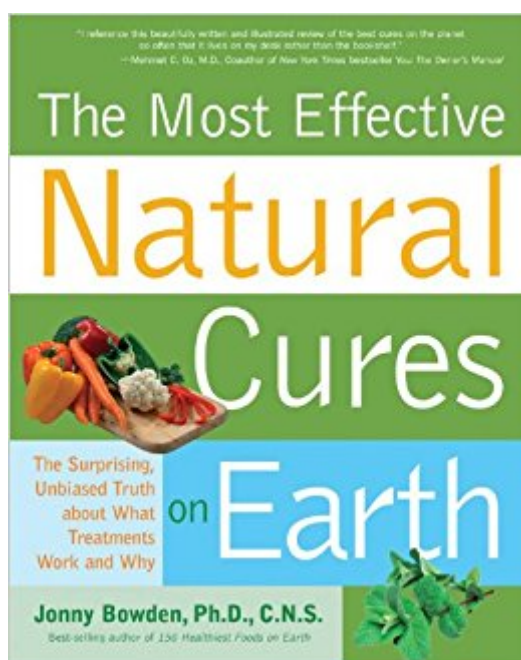


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# Most Effective Natural Cures On Earth: The Surprising Unbiased Truth About What Treatments Work And Why



## Synopsis

A comprehensive look at natural treatments and healing methods that work. Jonny Bowden takes his practical, knowledgeable, and open-minded approach -- the same approach that made his previous book, *The 150 Healthiest Foods on Earth*, so successful -- and focuses it on natural cures, revealing the best of alternative medicine for a mainstream audience. Through his personal use, extensive research, and wide-ranging expertise in nutrition and health, Jonny sorts through the myriad home remedies from every discipline and tradition to show which work and how best to use these proven healing techniques. He also explains through approachable and articulate descriptions why they work and on what basis he selected these cures -- whether it is patient testimonials or the latest scientific studies to give you peace of mind and the information you need about each treatment. The book explores more than 75 common conditions, including allergies, cancer, high cholesterol, depression, diabetes, hypertension, menopause, and stress.

## Book Information

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## Customer Reviews

Bowden, Jonny. *The Most Effective Natural Cures on Earth: The Surprising, Unbiased Truth About What Treatments Work and Why*. Fair Winds: Quayside. Jan. 2008. c.360p. photogs. index. ISBN 978-1-59233-291-5. pap. \$24.99. **HEALTH Verdict:** In this fast-paced world of pill poppers and pill pushers, fitness expert Bowden (*Living the Low-Carb Life*) provides a welcome, vetted holistic approach encompassing the mind-body connection and natural treatments. Although the book's organization could be improved by listing each condition alphabetically, the content is useful, and

readers can locate topics using the index. Recommended for medium to large public and academic libraries. Background: In six chapters, Bowden reviews more than 75 specific health concerns and alternative treatments for a variety of topics including cancer, skin disorders, PMS, stress, diabetes, menopause, and depression. Readers learn about alternative and cutting-edge natural remedies, including supplements, herbs, foods, and healthy lifestyle choices, complete with research, a glossary, recommended reading and resources, and indexes. More than 75 attractive full-color photos lend the book a coffee-table tome browsability - Library Journal's Xpress Reviews

Jonny Bowden, Ph.D., C.N.S., (Woodland Hills, CA) - also known as The Nutrition Myth Buster, is a nationally known, board-certified nutritionist and expert on diet and weight loss. He has appeared on the Dr. Oz Show, Fox News, CNN, MSNBC, ABC, NBC, and CBS and has contributed to articles in the New York Times, Forbes, the Daily Beast, Huffington Post, Vanity Fair Online, Men's Health, Prevention, and dozens of other print and online publications. He is a popular speaker who presents at both academic and consumer events all over the world. Dr. Jonny is the best-selling author of fifteen books, including The 150 Healthiest Foods on Earth, The Most Effective Natural Cures on Earth, The 150 Most Effective Ways to Boost Your Energy, The Most Effective Ways to Live Longer, The Healthiest Meals on Earth, Smart Fat (with Steven Masley, M.D.), and the controversial best-seller, The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease and the Statin-Free Plan that Will (with cardiologist Stephen Sinatra, MD).

A lot of the information I have heard from other formats or published works, but, good to have all in one place. Or a lot in one place. I found myself looking up what they say for a couple things. Sharing it with a couple small children made them ask more questions and triggered them asking some great questions about other items and if they would be good for you things.

This is current, up to date and excellent. Not a dusty collection of "folk" remedies but modern, simple and available products that can help in a number of ways. I am already using a couple of the recommended remedies and am pleased with the result. A friend has already borrowed this book (overnighter!) and is impressed, likely to purchase one also. When looking at alternative cures do consider Jonny Bowden's studies.

What can I say? I guess I have read too many books like this. Not too much new information for a

seasoned reader like myself and not a significant number of health problems addressed. A good book for a twenty something year old just realizing that trying natural remedies first is often a wise move. Nice sturdy book cover and good format.

This is a good book with lots of info but didn't work out for me.

Getting away from medications? This is the way to go.

I agree with the other 5-star reviewers. This is a great reference book. I have read many other books on this subject (e.g. Prescription for Nutritional Healing), and Jonny Bowden is very knowledgeable. I particularly like the editing of this book--it is very accessible and not as bulky and overwhelming as PFNH.

I love Jonny Bowden's books. They are very clear and provide practical information. Bowden is an instinctive truth teller.

The Most Effective Natural cures on Earth. This book is very useful. It is just an explanation of herbs, and the natural way of healing without push someones personal basis. It tell you the best combines and natural treatment without you have to go to someone's website.

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