

Chapter 1 : the canadian encyclopedia | Download eBook pdf, epub, tuebl, mobi

The Canadian Encyclopedia of Natural Medicine, 2nd Edition, is a definitive resource on complementary health care, combining everything you need to know about nutrition, lifestyle, and supplements with reliable medical information. Fully revised and updated with the latest research and treatment guidelines, this handy reference will help you.

The title of this book is misleading. This is not a book about genuine natural cures and treating the causes of disease. It is actually a book written by a probably very nice pharmacist and aimed at people that are still big believers in taking multiple drugs to treat medical conditions or even high cholesterol but who would also like to maybe dip one of their toes. It is all stuff you have heard before and not in the least a challenging of the status quo. Much of the information in the book is also not just outdated but incorrect. It is recommended in this book that tofu and margarine be eaten to help reduce cholesterol levels and to improve health. The facts on soy are shocking. Not only are the many health claims made about soy extremely dubious, there are many serious concerns about its safety as a food. This is not even close to an amount useful for an average person let alone an MS patient who may need 5 to 10 times this amount or more. This book also nowhere recommends getting vitamin D levels tested, which is so essential in MS and also for anyone battling serious disease. Just taking a tiny IU of vitamin D a day is unlikely to benefit anyone at all. This is bad advice. B vitamins are recommended in tiny amounts such as just 20 mg a day. This is just nowhere near enough for many people. This book recommends fluoride tablets for dental health. The fact that once these foods are eaten they have the exact same effect on blood sugar etc. People with hypoglycemia are recommended to eat lots of grains and to avoid healthy fats such as in meats and eggs. But eating a high carb diet makes the hyperinsulinism of PCOS so much worse and it can be controlled with diet so easily. This book repeats many of the same old harmful diet myths that have led to so many of us gaining weight or even becoming ill. This book recommends taking 1 - 1. To omit such a basic fact says a lot about the credibility of this book. Many of us are low in magnesium and taking high calcium lowers magnesium further. Taking high levels of calcium can increase risk for cardiac problems and calcification of the body including the heart. See books on magnesium by Dr Carolyn Dean and others for more information on this. Vitamin E is recommended in a dose of - IU but nowhere is it even mentioned that it is vital to take all 8 forms of vitamin E and not just alpha tocopherol. Taking this high a dose of one type of E is not a good idea. Drugs are recommended for IBS patients in order to stop diarrhea. But very often the reason there are loose stools is because the body is trying to get something harmful out of its system quickly - as happens in celiac disease when wheat is eaten. So this is terrible advice and could cause real harm. The elimination diet foods list in this book is also one of the worst I have ever seen, it is just full of foods likely to be poorly tolerated. The section on detoxification is also dismal. Mostly this book just recommends and talks about lots of drugs and then recommends small amounts of nutrients to be taken with them. The same amount you might get in any multivitamin, or less than that, very often. There is no insight or depth of research whatsoever. There are so many wonderful books out there on the topic of nutrition and vitamins and minerals. They deserve to be widely read. If you want real information on nutrition or supplements get a book by a real expert in this field. Someone that has done more than a few hours of reading on the topic and has years of experience. This book offers a general overview for a rather large range of ailments and conditions which is a great starting point for anyone not familiar with herbs and supplements. A sizable portion of the book is an alphabet This book is useful if you are looking for a reference guide about a large range of supplements, nutrients, minerals, vitamins, or biological i. A brief overview of each disease or ailment is given, followed by an organized list of Signs and Symptoms. There is also a relevant and concise section depicting Risk Factors involved. The book offers various lifestyle recommendations, dietary suggestions and treatments or medicines typically prescribed by doctors. There is a relatively small section devoted to stress management, making healthy food choices, and the importance of sleep and exercise. As with any medical changes, it is important to first consult your doctor or pharmacist so as to avoid any contraindications between supplements or any medications you are currently taking. I liked how there was an A to Z listing of common problems so I could easily find what I was looking for. There was a lot of useful

information in the 1st section on how to live a healthier lifestyle. I liked how each health condition was presented. Very handy and helpful!

Chapter 2 : The Canadian Encyclopedia Of Natural Medicine eBook: Sherry Torkos: calendrierdelascience

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Her latest book, The Canadian Encyclopedia of Natural Cures, is the definitive source for alternative health care for Canadians; it is totally comprehensive and easy-tofollow, providing natural cures for everyday problems such as insect bites and muscle aches, as well as for serious chronic disorders such as osteoporosis, Parkinson's disease.

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Run don't walk away from the advice in this terrible book! The title of this book is misleading. This is not a book about genuine natural cures and treating the causes of disease.

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