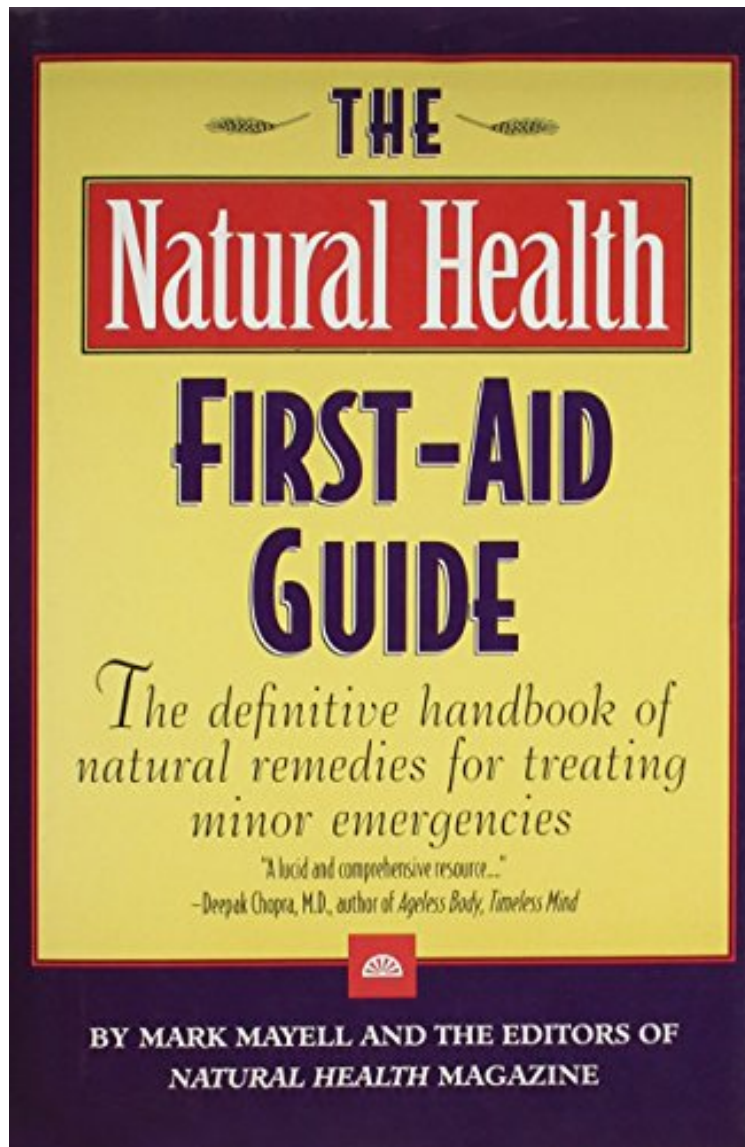


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The NATURAL HEALTH FIRST-AID GUIDE

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Mayell : The NATURAL HEALTH FIRST-AID GUIDE before purchasing it in order to gauge whether or not it would be worth my time, and all praised The NATURAL HEALTH FIRST-AID GUIDE:

Arranged by subject, this comprehensive home reference covers hundreds of natural remedies for everything from allergic reactions to sunburn.

From Library Journal Natural Prescriptions describes itself as "a solid, conservative, well-informed source of information on natural treatments for common ailments," and it accordingly takes a middle-of-the-road approach toward the use of natural remedies. For example, instead of calling for the total elimination of caffeine from a diet, it suggests limiting caffeinated beverages to one cup a day. Although drugs are sometimes recommended for ailments from canker sores to shingles, the emphasis usually is on herbal and vitamin therapies. The book provides understandable explanations of the causes as well as the treatments of the health problems discussed in the text. The Natural Health First-Aid Guide , written with the assistance of the editors of Natural Health magazine, contains much of the material available in standard first-aid guides . However, it also features herbal, folk, and homeopathic remedies, the first such book to include alternative as well as traditional treatments. The information is clear, concise, and comprehensive, and the author wisely makes a point of telling when a person should go to the hospital. Natural Prescriptions is an optional purchase for libraries that have other books on alternative medicine. The Natural First-Aid Guide should be in all libraries because it is the only book on emergency aid that pays due attention to the usefulness of natural remedies.- Natalie Kupferberg, Montana State Univ. Lib., Bozeman Copyright 1994 Reed Business Information, Inc.