

Prescription for Natural Cures: A Self-Care Guide for Treating Health Problems with Natural Remedies Including Diet, Nutrition, Supplements, and Other Holistic Methods

James F. Balch

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Prescription for Natural Cures: A Self-Care Guide for Treating Health Problems with Natural Remedies Including Diet, Nutrition, Supplements, and Other Holistic Methods James F. Balch The revised and updated edition of the bestselling natural health bible-more than 500,000 copies sold to date!

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- Up-to-date information reflecting the latest natural health research and treatment recommendations
- Clear, authoritative guidance on dietary changes, healing foods, nutritional supplements, and recommended tests
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If you and your family want to get better naturally, *Prescription for Natural Cures* is an essential health resource you can't afford to be without.



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