

THE NATURAL FAMILY DOCTOR

OVER 1000
NATURAL REMEDIES

The authoritative
self-help guide
to health and
natural medicine

General editor
Dr Andrew Stanway
with over 30
specialist contributors



Natural Family Doctor

Andrew Stanway, Richard Grossman



Natural Family Doctor:

The Natural Family Doctor Andrew Stanway, Richard Grossman, 1987 A team of over 30 experts provide medical advice on natural preventive care and natural home nursing skills Includes charts for therapies of over 90 common ailments over 1 000 natural remedies Illustrated **How to Get Pregnant Naturally** Judy McKay, 2020-07-21 This book details my 4 1 2 year journey from the pain of infertility to the joy of getting pregnant using natural approaches including Chinese Medicine Reiki Body and Brain Herbs Nutrition Yoga Massage Visualization and Relaxation Techniques If you have not been able to get pregnant and don t want to fill your body with drugs or drain your finances using In Vitro Fertilization then you have to read this book *The Natural Family Doctor* Andrew Stanway, 1987-01 **Complementary Medicine for Nurses, Midwives and Health Visitors** Brian Booth, Joanna Trevelyan, 1994-11-11 The most up to date and comprehensive overview of the 14 therapies that nurses midwives and health visitors have expressed particular interest in Each therapy is discussed in detail and the implications for use in health care are examined The vexed question of research is dealt with throughout and the book ends with a look at likely future trends This text written in response to the growth of interest in complementary medicine amongst health professionals and the general public is a must for those nurses midwives and health visitors considering incorporating the use of complementary medicine into their practice **Quiverfull** Kathryn Joyce, 2009-03-01 Kathryn Joyce s fascinating introduction to the world of the patriarchy movement and Quiverfull families examines the twenty first century women and men who proclaim self sacrifice and submission as model virtues of womanhood and as modes of warfare on behalf of Christ Here women live within stringently enforced doctrines of wifely submission and male headship and live by the Quiverfull philosophy of letting God give them as many children as possible so as to win the religion and culture wars through demographic means **The Natural Family Doctor** Andrew Stanway, 1987 **Human Ecology** Robert L. Jackson, 2002 An alternative life style that integrates human sexuality with natural family planning and breast feeding Dr Jackson proposes a natural way in harmony with Humanae Vitae and backs it up with scientific evidence *Addiction-Free Naturally* Brigitte Mars, 2020-10-20 A guide to designing a personal program to break your addictions safely gently and naturally Shares herbs supplements natural remedies and alternative practices that can help liberate you from habitual substance use ease the withdrawal period cleanse the body of toxins and combat depression anxiety fatigue and stress Offers specific advice and remedies for individual addictive substances and behaviors including sugar caffeine alcohol opioids tobacco and tranquilizers Explores the potential of psychedelic therapy for overcoming addiction and addresses how cannabis can be of benefit for recovery without being misused Addiction affects more people than any other disease Breaking a habit can be daunting it s hard to know where to begin beyond quitting cold turkey But just as habits can be acquired they can be broken Others have done it and so can you In this holistic guide to beating addiction Brigitte Mars details how to replace negative habits and behaviors with positive healthy ones and safely support your body mind and spirit

for a successful recovery The author shares specific herbs supplements homeopathic remedies flower essences behavioral therapy and alternative practices such as meditation and yoga that can help liberate you from habitual substance use and ease the withdrawal period as well as methods for cleansing the body of toxins and healthy ways to combat depression anxiety fatigue and stress She looks in depth at individual addictive substances and behaviors including sugar caffeine alcohol opioids tobacco and tranquilizers offering specific advice and remedies for each She shows how each technique can be used in conjunction with conventional therapies such as psychotherapy methadone or Alcoholics Anonymous Drawing on recent research she also explores the enormous potential of psychedelic therapy for overcoming addiction and with the spreading legalization of cannabis she addresses how this plant can be of benefit for recovery without being misused Offering advice on designing a personal program to break your addictions the author also shows how to use natural remedies to maintain your new energy and vitality as you walk the road to recovery *Herbs for Common Ailments* Anne

McIntyre,2003-12-23 From ancient medicine men to modern holistic healers people from every culture have recognized the potent healing properties of plants and herbs Readily available and easy to use the herbal remedies in this book provide a completely natural way to prevent and treat everyday illnesses as well as maintain general good health Here step by step instructions and beautiful color photographs show how to prepare and use herbs in ointments lotions compresses poultices baths and teas to treat more than ninety one common ailments such as Colds and flu Depression Asthma Indigestion Acne Anemia Insomnia Eczema High blood pressure ArthritisAn ideal companion to Aromatherapy for Common Ailments and Acupressure for Common Ailments this unique guide makes it easy to become proficient at the safe and powerful healing art of herbalism **Holistic Pregnancy and Childbirth** James Marti,2008-05-02 Holistic pregnancy and childbirth Your month by month guide to the latest therapies techniques and natural approaches For the most rewarding path to a comfortable pregnancy a shorter labor and the joyful delivery of a healthy baby turn to this wise and warm compendium of proven holistic advice Approved by an advisory board of leaders in obstetrics and holistic medicine this comprehensive book helps you make the birthing experience the most fulfilling and beautiful of your life Let the journey begin Monitor your physical changes and your baby's Decide where you want to have your baby Choose a holistic caregiver and prepare a birth plan Design your optimum diet and personal exercise program Discover today's holistic techniques for bonding postpartum recovery breast feeding and much more including Acupuncture and acupressure aromatherapy Ayurvedic medicine Bach flower remedies breathing techniques botanical medicine Chiropractic diet and nutrition exercise homeopathy Hydrotherapy hypnosis intimacy exercises massage Meditation osteopathy qigong traditional Chinese medicine Vitamin and mineral therapies yoga

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