


THE



Natural Health

FIRST-AID GUIDE

*The definitive handbook of
natural remedies for treating
minor emergencies*

"A lucid and comprehensive resource..."

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BY MARK MAYELL AND THE EDITORS OF
NATURAL HEALTH MAGAZINE

Natural Health First Aid Guide The Definitive Handbook Of Natural Remedies For Treating Minor Emergencies

Alan M. Rees



Natural Health First Aid Guide The Definitive Handbook Of Natural Remedies For Treating Minor Emergencies:

The Natural Health First-aid Guide Mark Mayell, Natural health magazine (Brookline, Mass.), 1994 Here s an invaluable handbook of natural remedies for treating minor emergencies that clearly evaluates the healing properties of alternative and natural remedies that can be used alone or in conjunction with conventional medical treatments **The Natural Health First-Aid Guide** Mark Mayell, 1994-01-01 The first emergency guide including herbs homeopathy acupressure aromatherapy nutritional supplements traditional folk remedies and other natural therapies for everything from allergic reactions to sunburn high fever to frostbite Compiled by the editors of Natural Health magazine the foremost publication on alternative and natural health and a distinguished panel of medical experts this book is an essential home reference Conveniently arranged by subject and covering a range of treatments available in no other book it offers hundreds of remedies that may be used alone or in conjunction with conventional medical care A lucid and comprehensive resource Illustrations **Natural Forms of Defense Against Biological, Chemical and Nuclear Threats** John

Brighton, 2007-02-26 The events that took place on September 11th caused Dr John Brighton a naturopathic health consultant to ask himself questions about what role natural forms of healing might have in a scenario involving weapons of mass destruction WMD As he examined the issues and the nature of the threat he felt assured that a naturalistic approach could make a significant contribution in conjunction with that offered by conventional medicine Moreover he felt that to use both would provide a more powerful deterrent than if either were used alone The naturalistic approach would augment the use of drugs by adding 5 extra lines of defense aimed at supporting and strengthening the immune system to deal with such a dire event These lines include A psychological dimension A social dimension A preventative dimension An environmental dimension A specific dimension The whole idea of this holistic strategy is to employ prevention and immune enhancing factors in order to reduce the level of crisis to begin with As a result the dependency on antibiotics there are no effective antivirals and other valuable medical resources can be considerably reduced and most importantly preserved for when they would be needed most Another benefit of integrating these two systems would add what Dr Brighton calls synergistic complexity as a way to reduce the current crisis of germ resistance to many most potent antibiotics and to provide a holistic approach to all forms of WMD The book clarifies the scope of the threat we face by examining The variety of biological chemical and nuclear threats The factors involved in the creation of WMD The uncanny capacity of microbes to develop resistance to our medications The threat of bioengineering and the creation of superbugs How synergistic complexity could provide a possible solution A chapter is dedicated to focusing on the specific nature and challenges posed by each biological chemical and nuclear agent This includes A description of the agent How it causes harm How it might be used as a weapon and the possibility of it being used How it is detected diagnostically and in the field The conventional method of care and treatment The suggested natural forms of defense including herbs vitamins minerals and other natural substances and

healing therapies The book ends with a forward looking chapter on emerging technologies that have promise of increasing our level of defense against WMD A bibliography and a full section on resources are available It's a Disaster! ... and what are You Gonna Do about It? Bill Liebsch, Janet Liebsch, 2006 **Natural First Aid** Mark Mayell, Thomas H. Rawls, 1996 Organized by subject and covering a broad range of treatments and containing contributions by natural health practitioners this is a guide to natural first aid It offers hundreds of remedies that can be used alone or in conjunction with conventional medicine to treat everyday emergencies from sunburn and fever to frostbite **Natural Health**, 1993 *Men's Health and Wellness Encyclopedia* Charles B. Inlander, People's Medical Society (U.S.), 1998 Designed to be the first place men can turn to when any question about their health arises this comprehensive reference covers a wealth of men's health topics from conditions to tests from treatments to medicine addressing the most relevant topics in a straightforward candid and thorough way 15 line drawings **Natural First Aid**, 1996 Beyond the Light P. M. H. Atwater, 1994 Discusses the near death phenomenon its after effects and implications **Yoga Journal**, 1995-02 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

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Introduction

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