



The Canadian Encyclopedia Of Natural Medicine

Sherry Torkos

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The Canadian Encyclopedia Of Natural Medicine Sherry Torkos

Natural solutions for a healthy, happy lifestyle

As Canadians have become more health-conscious than ever, more and more people want alternative solutions to health problems rather than conventional medical practices and drugs. For many, a natural approach to healing common ailments and serious health issues alike is preferable to invasive procedures and prescription drugs with their numerous side effects.

Sherry Torkos, one of Canada's leading pharmacists, is renowned for her expansive knowledge of natural treatments. In this new edition of *The Canadian Encyclopedia of Natural Medicine*, Torkos provides a definitive and up-to-date resource that includes natural treatments for everything from bug bites to muscle aches, osteoporosis to diabetes. It includes a wide range of ailments and diseases, the latest information on the natural treatments that work best, and any potential negative interactions between natural cures and prescribed medications.

- Handy A-to-Z format makes finding an ailment or condition quick and easy
- Heavily revised to include the very latest research and treatments, new health guidelines, new cancer prevention strategies, and the most up-to-date statistics and facts
- Written by a renowned holistic pharmacist, fitness instructor, and lecturer

For anyone who wants to create a personalized holistic health program for themselves or their family, *The Canadian Encyclopedia of Natural Medicine, Second Edition* is a reliable and comprehensive resource.

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