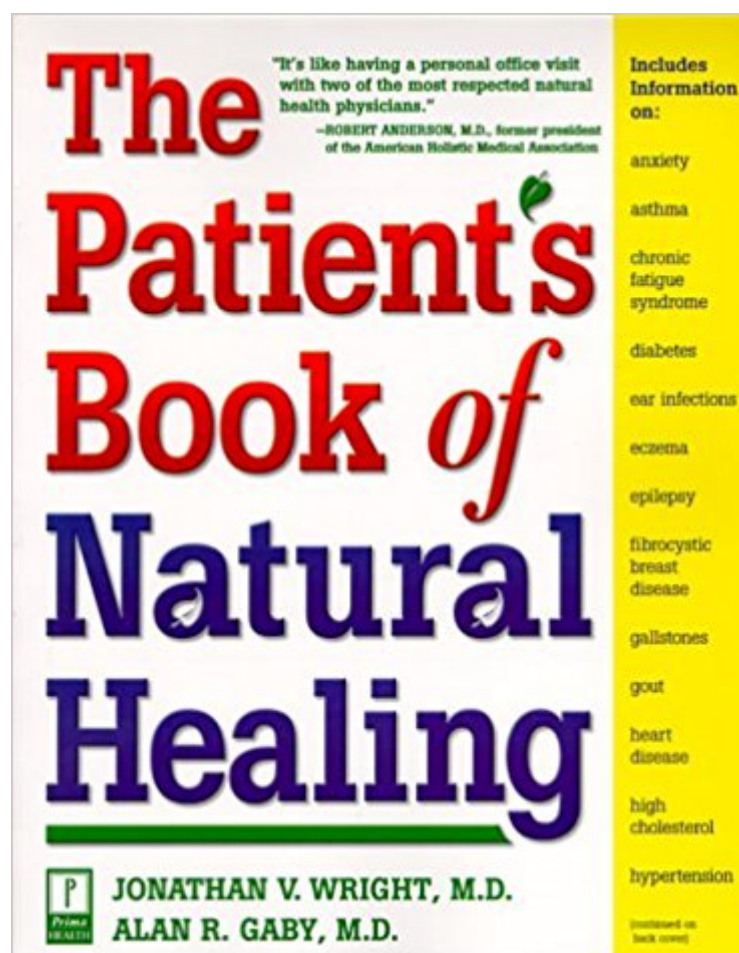




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# The Patient's Book Of Natural Healing: Includes Information On: Arthritis, Asthma, Heart Disease, Memory Loss, Migraines, PMS, Prostate Health, Ulcers



## Synopsis

Imagine having respected doctors right at your fingertips to answer some of your most important medical questions. With *The Patient's Book of Natural Healing*, you can. Inside, two renowned natural health physicians give you up-to-date, accurate information on natural treatments for today's most common medical conditions. For each condition, you'll get to sit in on a consultation between Dr. Jonathan Wright and a patient who has come seeking advice. The illuminating and often lively exchanges between doctor and patient bring to life questions and concerns you and your loved ones may have. By the conclusion of each office visit, you'll have a more complete understanding of the reasons behind the natural treatment Dr. Wright prescribes. Then, in separate commentary, Dr. Alan Gaby follows up with a detailed, balanced analysis of the scientific evidence behind the treatments discussed. "Destined to become a classic resource for all who seek effective, non-toxic solutions to their health problems. The collective wisdom of Drs. Gaby and Wright illuminates every page. I recommend this book to everyone." — Christiane Northup, M.D., author of the bestselling *Women's Bodies, Women's Wisdom* and editor of the monthly newsletter *Health Wisdom for Women* "This collaboration by Drs. Jonathan Wright and Alan Gaby should be in the hands of every physician who wishes to practice good medicine and every patient who wishes to receive such." — Julian Whitaker, M.D., director of Whitaker Wellness Medical Institute, Inc., and author of *Dr. Whitaker's Guide to Natural Healing* "It's like having a personal office visit with two of the most respected natural health physicians." — Robert Anderson, M.D., former president of the American Holistic Medical Association

## Book Information

Paperback: 400 pages

Publisher: Prima Lifestyles; 1 edition (December 15, 1999)

Language: English

ISBN-10: 076152018X

ISBN-13: 978-0761520184

Product Dimensions: 10.8 x 8.5 x 0.9 inches

Shipping Weight: 2 pounds

Average Customer Review: 4.6 out of 5 stars 9 customer reviews

Best Sellers Rank: #1,248,111 in Books (See Top 100 in Books) #36 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Ulcers & Gastritis](#) #102 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Prostate Disease](#) #124 in [Books](#)

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### The Doctors Are In!

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I love anything by Jonathan Wright. The man is brilliant and very entertaining to read or listen to. He was a keynote speaker on "the Truth about Cancer series" and we fell in love with him there and had to have some of his books on natural healing. This book did not fail to produce. Excellent advice and helping with our health issues.

This book is packed full of usefull information about many ailments that plague us today. If you want to choose an alternative to body destroying drugs that treat a single symptom but cause problems in many other areas then this will be a great resource. If you are prepping for some kind of breakdown

this is a must have for alternative treatments if medicines are unavailable.

love it thx

Thank you for the perfect gift. My friend has found many solutions, which have been life-saving for her. Please continue with such valuable information.

This book contains lots of good advice about nutrition and supplements. The authors say that supplements are NOT a replacement for a poor diet, and that supplement programs work best when accompanied by a nutrient dense diet. As the authors write at the start of this book, 'health comes from the farm, not the pharmacy.' The idea of having a book written by two experts where one gives their opinion on a topic and this is then followed by comments by the other which explain why they disagree or agree with this advice (and also possibly outline extra ideas and treatments) is a very good one. Good parts of this book include their focus on the need for IV or injected vitamins in some cases; where the gut function is very poor for example. This is such a crucial point that many other books ignore. Oral supplements are not enough for some of the most ill patients. I highly recommend Gaby's excellent article on the Myer Protocol for IV vitamins if you haven't read it, too. The section on the possible need for Betaine HCl in order to digest meals properly was also excellent and very helpful, as was the section on the need for drinking distilled water and the possible need for pancreatic enzymes and adrenal supports such as whole adrenal extract (which they suggest is better than taking cortisone). The warnings about dairy foods and that 6 months may have to pass before symptoms caused by this food are resolved was very well done, although the differences with raw dairy foods were not discussed. This book also contains a good section on nutrition and supplementation in pregnancy. It explains that it is only supplemental forms of vitamin A that have been shown to cause problems, that the science of vitamin A in pregnancy is far from definitive and that low vitamin A can also cause serious problems. Food allergies and the need for an elimination diet are also discussed, and the book provides a complete elimination diet food plan. I disagree with the authors' recommendation of 'low fat' animal foods only and the suggestion that for all of us, vegetarianism may be best. I also disagree with the way too low vitamin C dosages of only 2 grams recommended as well as the recommendation of 800 IU of alpha tocopherol daily. Vitamin E is best taken in all 8 of its forms not just the one form, but this recommendation may be more to do with the 12 year age of this book than anything else, to be fair. If you're a fan of other books by these authors you'll probably also get something out of this one. This book is of a better quality than

most books in this field. Jodi Bassett, The Hummingbirds' Foundation for M.E. (HFME) and Health, Healing & Hummingbirds (HHH)

send it to my grandson, would purchase again. just fine, Heavy product with good balance very useful.

The Patient's Book of Natural Healing covers a range of diseases that plague the western society today. Diseases that can be successfully treated with nutrition. Dr. Wright presents each case in a clinic setting, in an easy, conversational style with the patient. Dr. Gaby follows up by providing a commentary on the key nutrients that need to be supplemented and why and cites scientific research to back his comments. For those that have enjoyed Dr. Wright's previous book of nutritional therapy, this one continues in the same vein.

Good reading....Lots of good info

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HEAL YOUR ULCERS: Gastric Ulcers, Stress Ulcer, Ulcer Pain, Ulcers Relief, Food for Ulcers (Including Ulcerative Colitis)  
The Prostate Health Diet: What to Eat to Prevent and Heal Prostate Problems Including Prostate Cancer, BPH Enlarged Prostate and Prostatitis  
Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training)  
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Healthy Prostate: The Extensive Guide To Prevent and Heal Prostate Problems Including Prostate Cancer, BPH Enlarged Prostate and Prostatitis  
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