



The Alternative Medicine Handbook

Barrie R. Cassileth

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This work shows the reader how to evaluate over 50 alternative therapies, from Ayurveda to homoeopathy to acupuncture. The author discusses the origin of each therapy, the reasons practitioners say it works, the scientific evidence, and the places to go for treatment. The author also includes methods that might have no scientific basis but seem to work, and she warns against those that may be dangerous. The book is arranged alphabetically.

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