



## The Best Alternative Medicine

By Dr. Kenneth R. Pelletier

Simon & Schuster. Paperback. Book Condition: New. Paperback. 448 pages. Dimensions: 13.3in. x 12.8in. x 2.2in. What are the most effective therapies in complementary and alternative medicine? How can they be used to prevent illness and enhance the quality of life? What is the scientific evidence of their safety and effectiveness? And finally, for which medical conditions do they work best? Faced with an overwhelming availability of treatments and an even more bewildering array of claims and counterclaims, every American health consumer and practitioner needs guidelines he or she can trust. Based on an enormous body of research, including new research funded by the National Institutes of Health, *The Best Alternative Medicine* is the first book to provide authoritative, scientifically based answers to these questions. Dr. Kenneth R. Pelletier, Director of the Complementary and Alternative Medicine Program at the Stanford University School of Medicine, rigorously evaluates the most common forms of alternative medicine and delivers research-based evidence about hundreds of individual treatments, organized both by therapeutic discipline and specific illness and disease. Easy to understand and free of jargon, *The Best Alternative Medicine* offers definitions, background, and examples of specific treatments from a multitude of therapies, including MindBody Medicine, European Herbs,...



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