

The Complete Encyclopedia Of Natural Healing

By Gary Null


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Editorial Review

From Library Journal

Null (The Clinician's Handbook of Natural Healing, LJ 5/15/98) has compiled a guide to natural healing intended for "today's confused health care consumer," and the easy-to-use format will indeed appeal to the lay reader. Unfortunately, references to scientific research are missing, undermining the often solid advice that Null provides. The book is divided into two sections: "Conditions," arranged like an encyclopedia with natural cures for over 60 ailments, and "Treatments and Patient Experiences," in which Null shares patients' views while often criticizing traditional medical approaches, e.g., for prostate cancer, he favors ozone treatment in Mexico over surgery. Even though Null offers clear discussions of causes, symptoms, cures, and treatment summaries, these personal testimonies do not add to the reliability of his book. Most of the therapies are not controversial, however; interventions like massage, reflexology, aromatherapy, and allergy control are, for instance, recommended for conditions like headaches. But the recommendations for herbal remedies and dietary supplements come simply from Null's own naturopathic experience, without any supporting scientific evidence. By comparison, naturopathic physicians Michael Murray and Joseph Pizzorno cite 53 references to studies supporting their claims in the chapter on migraines in their Encyclopedia of Natural Medicine (LJ 5/1/91). This is too bad, for Null's guide has a great deal of common-sense advice for diet improvements, detoxification, immune system fortification, mental attitude improvements, and lifestyle changes that are in line with the philosophy of natural medicine. To be used with caution in larger alternative medicine collections only. A Rebecca Cress-Ingebo, Wright State Univ. Libs, Dayton, OH
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About the Author

Gary Null, Ph.D., is a host of the nationally syndicated television show "Gary Null's Natural Living", and the nationally syndicated radio program "The Gary Null Show." He is the author of numerous bestselling books, including **Gary Null's Ultimate Lifetime Diet** and **Gary Null's Ultimate Anti-Aging Program**. He divides his time between New York and Naples, Florida.

Users Review

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