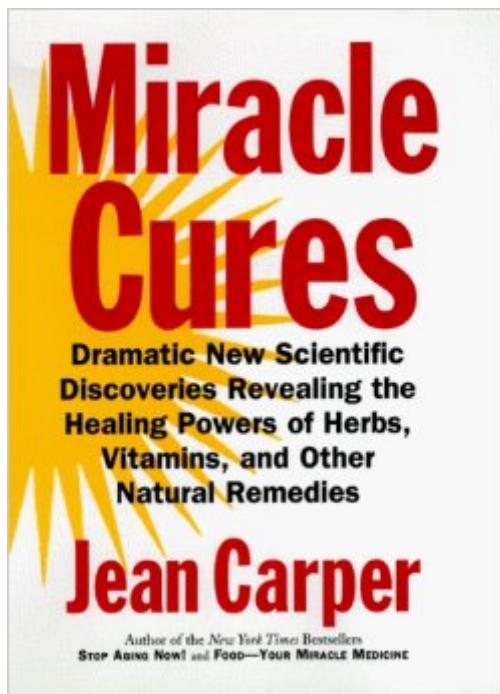


The book was found

Miracle Cures: Dramatic New Scientific Discoveries Revealing The Healing Powers Of Herbs, Vitamins, And Other Natural Remedies



Synopsis

Nationally syndicated columnist and America's leading authority on health and nutrition, Jean Carper now turns her attention to the public's increasing demand for medically proven natural cures. The first comprehensive guide to fully document the effectiveness of vitamins, minerals, herbs and other natural substances, *Miracle Cures* is backed by the latest scientific findings of leading scientific institutions, research centers and medical journals, including the New England Journal of Medicine and the Journal of the American Medical Association. Written in the same lively style that has made Jean Carper's previous bestsellers so accessible, *Miracle Cures* also includes awe-inspiring cases of medically verified natural cures. The result is an essential resource for anyone who wants to make informed choices for their health, take charge of their well-being and live longer, healthier lives.

Book Information

Hardcover: 320 pages

Publisher: Harper; 1 edition (July 2, 1997)

Language: English

ISBN-10: 0060183721

ISBN-13: 978-0060183721

Product Dimensions: 1.2 x 6.8 x 10 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 4.5 out of 5 stars See all reviews (50 customer reviews)

Best Sellers Rank: #1,149,163 in Books (See Top 100 in Books) #433 in Books > Health, Fitness & Dieting > Nutrition > Vitamins & Supplements #816 in Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy #1929 in Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies

Customer Reviews

The basic concept of the book is that there are herbal and dietary ways to alleviate or cure many of today's medical afflictions; that the many modern medications (and their associated side affects) may not be only path to relief. The author does a wonderful job of presenting the case for 21 such remedies in a reasonably scientific manner, with a minimum of sensationalism (yes, there is some, how can you avoid it in this genre, the book is called *Miracle Cures* after all). Let me say upfront, I am a skeptic. I firmly believe in the adage - if it seems too good to be true, it almost certainly is not. However, Jean Carper, presents each remedy or supplement in such a straight forward manner that

the claims seem reasonable, and for the cost of a few supplements, you have to ask yourself - Why not? Each chapter covers one remedy, with sections on - what it is, how it works, supporting evidence (in the form of tests and trials), who should take it, how much to take, and consumer concerns (good brands so you don't get burned by buying bogus stuff). I found the latter helpful in searching out certain of the harder to find supplements, although many of the supplements are available in Standardized varieties now, so it may be less vital information than it was in 1997. Does any of the stuff work? I do not know at this time. I have been convinced enough to put up a few dollars to try some of them though. My wife has moderately elevated cholesterol, so we are giving the grapefruit fiber a shot. We have all been a little moody lately (lots of stress), so we are giving the fish oil (Omega-3) a try. If these seem to work, I may try a few of the others. My only complaint is that the book has a 1997 copyright, and could really use an update.

[Download to continue reading...](#)

Miracle Cures: Dramatic New Scientific Discoveries Revealing the Healing Powers of Herbs, Vitamins, and Other Natural Remedies Natural Remedies for Dogs : 101 Safe & Natural Essential Oils' Remedies for Your DOG: (Natural Remedies For Dogs, Essential Oils Remedies For Dogs, Natural Dog Care, Recipes For Dogs, Home Remedies) Herbs: Everything You Need To Know About Medicinal And Culinary Herbs: (Growing Herbs, Herbs For Health And Healing, Herbs For Weight Loss, Herb Gardening) Medicinal Herbs: Discover 12 Powerful Medicinal Herbs You Can Immediately Start Growing In Your Garden (Herbal Remedies, Alternative Medicine, Healing Herbs, Growing Herbs) 21 Home Remedies Exercises and Natural Cures for TMJ Treatment: Holistic Home remedies and natural cures for treatment of Temporomandibular Joint (TMJ) pain and its allied symptoms. Natural Medicine and Herbs: 50+ Natural Medicine to Reduce Anxiety, Depression, and Ailments from Your Body: (Essential Oils, Aromatherapy, Herbal Remedies, Supplements, Healing, Vitamins) High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High Bl) How To Dry Herbs: The Ultimate Guide To Drying Herbs At Home For Better Health And Nutrition (Preserving Herbs, Drying Food, Herbs And Spices) GROWING HERBS: How to Grow Low cost Indoor and Outdoor Herbs in containers, for Profit or for health benefits at home, Simple Basic Recipes (How to grow herbs, growing herbs for beginners) Fighting Radiation and Chemical Pollutants With Foods, Herbs and Vitamins: Documented Natural Remedies That Boost Your Immunity and Detoxify Herbal Remedies: The Ultimate Guide to Herbal Healing, Magic, Medicine, Antivirals, Antibiotics,: herbs, Alternative Medicine, Magic, Medicine, Antivirals, ... Oils, Depression Cure, Natural Remedies,) Prescription for Natural Cures: A Self-Care

Guide for Treating Health Problems with Natural Remedies Including Diet, Nutrition, Supplements, and Other Holistic Methods, Third Edition Organic Home Remedies Vol.2 - The BEST No Prescription Needed Guide to Using Natural Remedies to Cure and Detoxify Your Self (Organic Home Remedies Guide, ... Healing, No Prescription Medicines) Herbal Hormone Handbook for Women: 41 Natural Remedies to Reset Hormones, Reduce Anxiety, Combat Fatigue and Control Weight (Herbs for Hormonal Balance, Weight Loss, Stress, Natural Healing) Essential Oils 2016: 200 Natural Beauty Recipes: Diffusers, Skin Care Remedies, Weight Loss, Aromatherapy: (Young Living Essential Oils Book, Natural Remedies) (Home Remedies, Aromatherapy) Discoveries: Story of Jazz (Discoveries (Harry Abrams)) Natural Pet Cures: The Definitive Guide to Natural Remedies for Dogs and Cats How to Cure Erectile Dysfunction: Overcoming Erection Problems through Diet, Exercises, and Natural Remedies (Men's Health, Impotence, Sexual Health, Natural Cures, Sexual Problems, ED) Prescription for Nutritional Healing, Fifth Edition: A Practical A-to-Z Reference to Drug-Free Remedies Using Vitamins, Minerals, Herbs & Food Supplements Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1)

[Dmca](#)