



Blended Medicine: How to Integrate the Best Mainstream and Alternative Remedies for Maximum Health and Healing

Michael Castleman

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The Future of Healing IS IN YOUR HANDS

Most doctors still practice conventional Western medicine-- end of story. But a growing number of physicians are embracing the future of healing: *blended medicine*.

This revolutionary approach to healing combines the best options in mainstream medicine with gentle, natural, yet effective alternative therapies, including Chinese and Ayurvedic medicine, yoga and massage, and exercise and nutrition.

Blended Medicine shows you how you can wisely combine alternative medicine with all that conventional medicine has to offer--and afford yourself the best opportunity for good health and safe, effective treatment.

IN THIS BOOK, YOU'LL DISCOVER ...

- * Blended-medicine "menus" for more than 100 diseases and health conditions
- * The best choices for each condition; recommended by experts in both conventional and alternative medicine
- * Which therapies you can use at home, and which require professional practitioners
- * Simple relaxation therapies that help short-circuit the stress component of many chronic conditions, from colds to cancer
- * Guidelines for safe use of vitamins, minerals, and herbs, including possible interactions

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