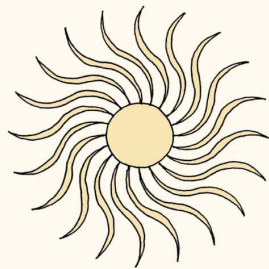


NATURAL REMEDIES THAT REALLY WORK

A NEW ZEALAND GUIDE



What medical research *actually* says
about natural health products and therapies

DR SHAUN HOLT

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NATURAL REMEDIES THAT REALLY WORK

Does echinacea really help prevent and reduce the duration of colds?

Are Omega-3 fatty acids the cure-all they're cracked up to be?

What's the truth about folic acid and aging?

In a world that's besieged by extravagant claims for an avalanche of natural remedies, who should we believe, and how can we get the information we need to make the right choices?

The answer is to read this book. A surprising number of natural remedies are the subject of high-quality clinical research, which is published in top medical journals such as *The Lancet* and the *New England Journal of Medicine*.

Natural Remedies that Really Work summarises and evaluates the most important and interesting research – from antioxidants to yoga – and advises on the application and dosage of treatments and remedies. Organised according to the body's systems (for example cardio-vascular or musculo-skeletal) for ease of use, this groundbreaking book by a medical doctor rises above uninformed debate and entrenched positions to reveal the simple truth of what works and why.



DR SHAUN HOLT is a medical doctor and researcher. He is the co-founder of Research Review, a company dedicated to assessing and summarizing medical research for the medical profession and the general public. He is the author of *Natural Health Review*, an internet newsletter on which this book based.

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