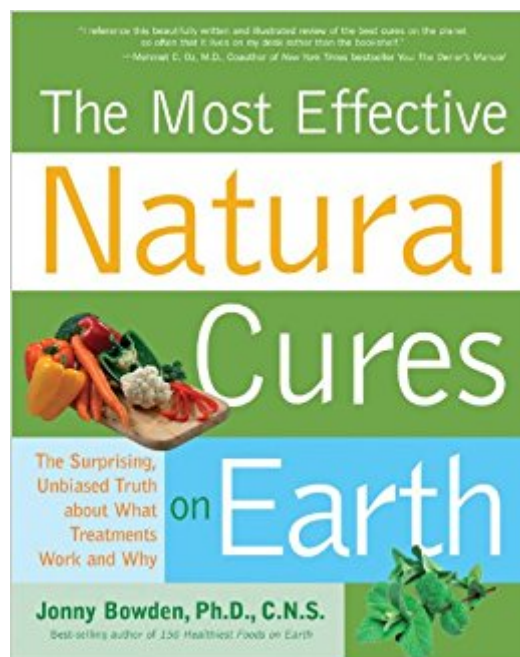




The book was found

Most Effective Natural Cures On Earth: The Surprising Unbiased Truth About What Treatments Work And Why



Synopsis

A comprehensive look at natural treatments and healing methods that work. Jonny Bowden takes his practical, knowledgeable, and open-minded approach -- the same approach that made his previous book, *The 150 Healthiest Foods on Earth*, so successful -- and focuses it on natural cures, revealing the best of alternative medicine for a mainstream audience. Through his personal use, extensive research, and wide-ranging expertise in nutrition and health, Jonny sorts through the myriad home remedies from every discipline and tradition to show which work and how best to use these proven healing techniques. He also explains through approachable and articulate descriptions why they work and on what basis he selected these cures -- whether it is patient testimonials or the latest scientific studies to give you peace of mind and the information you need about each treatment. The book explores more than 75 common conditions, including allergies, cancer, high cholesterol, depression, diabetes, hypertension, menopause, and stress.

Book Information

Paperback: 360 pages

Publisher: Fair Winds Press; 1 edition (January 1, 2008)

Language: English

ISBN-10: 1592332919

ISBN-13: 978-1592332915

Product Dimensions: 1 x 1 x 1 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 70 customer reviews

Best Sellers Rank: #169,982 in Books (See Top 100 in Books) #56 in [Books > Health, Fitness & Dieting > Alternative Medicine > Homeopathy](#) #151 in [Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy](#) #1842 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

Customer Reviews

Bowden, Jonny. *The Most Effective Natural Cures on Earth: The Surprising, Unbiased Truth About What Treatments Work and Why*. Fair Winds: Quayside. Jan. 2008. c.360p. photogs. index. ISBN 978-1-59233-291-5. pap. \$24.99. **HEALTH Verdict:** In this fast-paced world of pill poppers and pill pushers, fitness expert Bowden (*Living the Low-Carb Life*) provides a welcome, vetted holistic approach encompassing the mind-body connection and natural treatments. Although the book's organization could be improved by listing each condition alphabetically, the content is useful, and

readers can locate topics using the index. Recommended for medium to large public and academic libraries. Background: In six chapters, Bowden reviews more than 75 specific health concerns and alternative treatments for a variety of topics including cancer, skin disorders, PMS, stress, diabetes, menopause, and depression. Readers learn about alternative and cutting-edge natural remedies, including supplements, herbs, foods, and healthy lifestyle choices, complete with research, a glossary, recommended reading and resources, and indexes. More than 75 attractive full-color photos lend the book a coffee-table tome browsability - Library Journal's Xpress Reviews

Jonny Bowden, Ph.D., C.N.S., (Woodland Hills, CA) - also known as The Nutrition Myth Buster, is a nationally known, board-certified nutritionist and expert on diet and weight loss. He has appeared on the Dr. Oz Show, Fox News, CNN, MSNBC, ABC, NBC, and CBS and has contributed to articles in the New York Times, Forbes, the Daily Beast, Huffington Post, Vanity Fair Online, Men's Health, Prevention, and dozens of other print and online publications. He is a popular speaker who presents at both academic and consumer events all over the world. Dr. Jonny is the best-selling author of fifteen books, including The 150 Healthiest Foods on Earth, The Most Effective Natural Cures on Earth, The 150 Most Effective Ways to Boost Your Energy, The Most Effective Ways to Live Longer, The Healthiest Meals on Earth, Smart Fat (with Steven Masley, M.D.), and the controversial best-seller, The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease and the Statin-Free Plan that Will (with cardiologist Stephen Sinatra, MD).

A lot of the information I have heard from other formats or published works, but, good to have all in one place. Or a lot in one place. I found myself looking up what they say for a couple things. Sharing it with a couple small children made them ask more questions and triggered them asking some great questions about other items and if they would be good for you things.

This is current, up to date and excellent. Not a dusty collection of "folk" remedies but modern, simple and available products that can help in a number of ways. I am already using a couple of the recommended remedies and am pleased with the result. A friend has already borrowed this book (overnighter!) and is impressed, likely to purchase one also. When looking at alternative cures do consider Jonny Bowden's studies.

What can I say? I guess I have read too many books like this. Not too much new information for a

seasoned reader like myself and not a significant number of health problems addressed. A good book for a twenty something year old just realizing that trying natural remedies first is often a wise move. Nice sturdy book cover and good format.

This is a good book with lots of info but didn't work out for me.

Getting away from medications? This is the way to go.

I agree with the other 5-star reviewers. This is a great reference book. I have read many other books on this subject (e.g. Prescription for Nutritional Healing), and Jonny Bowden is very knowledgeable. I particularly like the editing of this book--it is very accessible and not as bulky and overwhelming as PFNH.

I love Jonny Bowden's books. They are very clear and provide practical information. Bowden is an instinctive truth teller.

The Most Effective Natural cures on Earth. This book is very useful. It is just an explanation of herbs, and the natural way of healing without push someones personal basis. It tell you the best combines and natural treatment without you have to go to someone's website.

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

Most Effective Natural Cures on Earth: The Surprising Unbiased Truth about What Treatments Work and Why Cancer: Taboo Cancer Cures 6 Impressive and Secret Cancer Cures that Most People do not know about (Cancer, Cancer Cures, Yoga, Cancer Treatments, Cancer Medicine, Cancer Patient Book 1) The 150 Healthiest Foods on Earth, Revised Edition: The Surprising, Unbiased Truth about What You Should Eat and Why The 150 Healthiest Foods on Earth: The Surprising, Unbiased Truth About What You Should Eat and Why 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 BI) Scientology Exposed: The Truth About the World's Most Controversial Religion - An Unbiased Look at Scientology Natural Dandruff Treatments~Natural Non-Chemical Treatments for Dandruff Psoriasis and Seborrheic Dermatitis~ Dealing with the "Root" of the Problem~ Do You Really Want to Know? Duke Sucks: A Completely Evenhanded, Unbiased Investigation into the Most Evil Team on Planet Earth Alternative Cures: More than 1,000 of the Most Effective Natural Home Remedies Skin Care: Eczema Treatment for

beginners (2nd EDITION REVISED AND EXPANDED) - How to get rid of eczema forever - Natural Treatments and Available Cures ... Eczema Therapy - Skin Care - Skin Disease) Psoriasis Natural Treatments, Remedies, and Cures: Your Guide to Psoriasis Home Treatment Options (How to Cure Psoriasis Naturally At Home) 1000 Cures for 200 Ailments: Integrated Alternative and Conventional Treatments for the Most Common Illnesses Nail Fungus Treatment: Cure Nail Fungus Naturally With This Fast Toenail Fungus Treatment and Toenail Fungus Cures (nail fungus cures, nail fungus treatment, nail fungus) Maria Treben's Cures: Letters and Accounts of Cures through the Herbal "Health Through God's Pharmacy" Insider-cures against cancer: 54 Insider-cures, scientifically founded, over 100 study sources + experience reports 21 Prostatitis and Cystitis Hacks That REALLY Work: Feel Better Today Using Mostly Over-The-Counter Proven and Effective Treatments The Allergy Solution: Unlock the Surprising, Hidden Truth about Why You Are Sick and How to Get Well How We Learn: The Surprising Truth About When, Where, and Why It Happens Veterinarians Guide to Natural Remedies for Cats : Safe and Effective Alternative Treatments and Healing Techniques from the Nations Top Holistic Veterinarians Good Bye Acne - Treatments and Cures

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)