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Alternative Medicine Magazine's Definitive Guide to Weight Loss Ellen Kamhi, 2012-11-06 Alternative medicine holds the key to losing weight permanently By correcting imbalances resulting from such conditions as food allergies overactive hormones yeast infections an underactive thyroid or parasites the health promoting tips and techniques in this book will help you restructure your health and melt away unwanted pounds This simple program kicks off with a comprehensive detox to flush toxins commonly stored in fat cells out of the system Next it presents new ideas for losing weight by matching your diet to your unique body type and learning to choose the right fats sweeteners and supplements Featuring more than twenty healthy recipes detox teas and juices lymph stimulating methods for banishing cellulite a menu based eating plan and the Super Seven Home Workout **ALTERNATIVE MEDICINE MAGAZINE S DEFINITIVE GUIDE TO WEIGHT LOSS** contains everything you need to get energized and become the healthy trim person you ve always wanted to be

Chronic Fatigue, Fibromyalgia, and Lyme Disease, Second Edition Burton Goldberg, Larry Trivieri, 2014-02-04 Chronic fatigue fibromyalgia and Lyme disease can be permanently reversed using nontoxic alternative treatments In this authoritative guide more than 30 leading physicians explain their holistic diagnostic and treatment methods Each chapter has been updated to reflect the latest research and therapeutic approaches to treating and ultimately reversing these debilitating conditions Written by the authors of the acclaimed **ALTERNATIVE MEDICINE THE DEFINITIVE GUIDE** more than 600 000 copies sold this book shows how to regain vitality say goodbye to muscle pain peak your immune system and shake off depression with clinically proven therapies The first edition sold more than 100 000 copies and is recognized as the leading alternative medicine guide to chronic fatigue Contains new chapters on Lyme disease and holistic treatment options Three million Americans suffer from chronic fatigue and an estimated three to six million suffer from fibromyalgia 86 percent of whom are women

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Table of Contents Alternative Medicine The Definitive Guide 2nd Edition

1. Understanding the eBook Alternative Medicine The Definitive Guide 2nd Edition
 - The Rise of Digital Reading Alternative Medicine The Definitive Guide 2nd Edition
 - Advantages of eBooks Over Traditional Books
2. Identifying Alternative Medicine The Definitive Guide 2nd Edition
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Alternative Medicine The Definitive Guide 2nd Edition
 - User-Friendly Interface
4. Exploring eBook Recommendations from Alternative Medicine The Definitive Guide 2nd Edition
 - Personalized Recommendations

- Alternative Medicine The Definitive Guide 2nd Edition User Reviews and Ratings
- Alternative Medicine The Definitive Guide 2nd Edition and Bestseller Lists
- 5. Accessing Alternative Medicine The Definitive Guide 2nd Edition Free and Paid eBooks
 - Alternative Medicine The Definitive Guide 2nd Edition Public Domain eBooks
 - Alternative Medicine The Definitive Guide 2nd Edition eBook Subscription Services
 - Alternative Medicine The Definitive Guide 2nd Edition Budget-Friendly Options
- 6. Navigating Alternative Medicine The Definitive Guide 2nd Edition eBook Formats
 - ePub, PDF, MOBI, and More
 - Alternative Medicine The Definitive Guide 2nd Edition Compatibility with Devices
 - Alternative Medicine The Definitive Guide 2nd Edition Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Alternative Medicine The Definitive Guide 2nd Edition
 - Highlighting and Note-Taking Alternative Medicine The Definitive Guide 2nd Edition
 - Interactive Elements Alternative Medicine The Definitive Guide 2nd Edition
- 8. Staying Engaged with Alternative Medicine The Definitive Guide 2nd Edition
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Alternative Medicine The Definitive Guide 2nd Edition
- 9. Balancing eBooks and Physical Books Alternative Medicine The Definitive Guide 2nd Edition
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Alternative Medicine The Definitive Guide 2nd Edition
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Alternative Medicine The Definitive Guide 2nd Edition
 - Setting Reading Goals Alternative Medicine The Definitive Guide 2nd Edition
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Alternative Medicine The Definitive Guide 2nd Edition
 - Fact-Checking eBook Content of Alternative Medicine The Definitive Guide 2nd Edition

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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