

## BOOK REVIEW

### **Finding the Right Treatment**

**Modern and Alternative Medicine: A comprehensive reference guide that will help you get the best of both worlds**

by

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**Book Review by**

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If you want exact, specific helpful answers about what, when, where, why, and how in relation to your health problems, you have found it in the updated 2<sup>nd</sup> edition of Finding the Right Treatment. This book contains everything you thought you might possibly want or need to know about your health problem and it is written in an easy to read, understandable style. It is surely most user friendly.

The book is contained in three parts, each being outlined in the Table of Contents with subheadings so you can quickly find the exact part that might be of value and interest to you.

Part 1 of this book is the overview. It explains the general choices available in medical care, how to find the type of doctor you need, the role of drugs, which lab tests are needed, or not needed, and why. This part contains an excellent section with tips on the challenges of hospitalization, surgery and x-rays. Parents will be particularly appreciative of the detailed

section on infant and childhood vaccines. The authors have even discussed the role of homeopathic remedies in relation to adverse reactions to vaccines.

Part 2 is about your choices concerning the major types of medicine that are presently available. Do you want traditional or alternative medicine, or a combination of both. The latter seems to be what the majority of the American public is using now. This section also contains some information about the vast array of therapies of which most people would not be familiar, such as aroma, light and sound treatment. The aim of this book is to increase your awareness and inform you so you can more easily decide on your personal course of action from the information that is provided.

Part 3 is the nitty gritty. Most common illnesses are simply discussed in enough details to help you understand why you are ill and what you can do about it. You select the topics that interest you and omit the

rest. In each section the pros and cons enable you to make wiser decisions in relation to your medical care. This book is the most comprehensive compilation of practical information and helpful tips that is available.

The resources and the index sections make it possible to find additional information very quickly.

The right treatment will vary from person to person. It will even be different at certain times depending on what happened with your last choice of medical care. This is a book of choices, full of the pros and cons for each one. Every family will refer to this book often. You could not select a more practical, informative or helpful gift for the special occasions in the lives of your relatives,

friends or associates. This book truly might alter the course of some disease or save someone's life. If you want to make informed health choices in relation to yourself or your family, make the initial choice to put this book in your library and then provide an additional copy for those you really love.

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