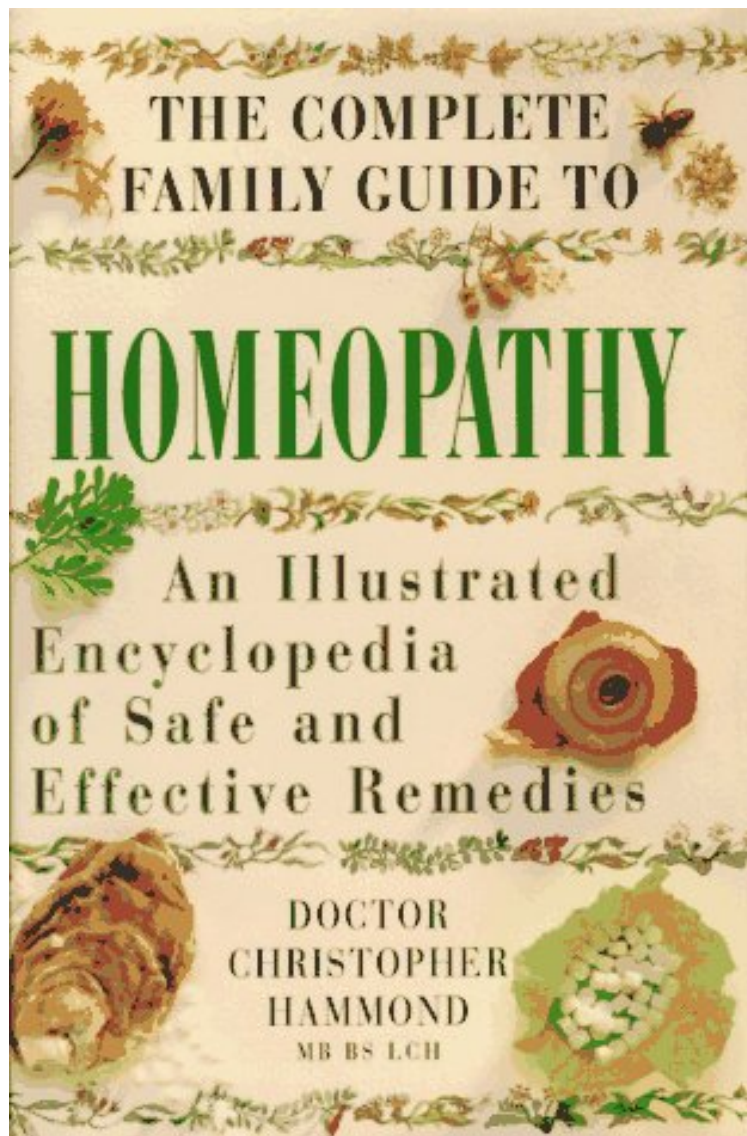


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The Complete Family guide to Homeopathy: An Illustrated Encyclopedia of Safe and Effective Remedies

Christopher Hammond

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comprehensive, fascinating guide to the use of homeopathy - the safest, surest way to treat minor and acute ailments in a manner that promotes healing and does not traumatize, ever. Highly recommended. 1 of 2 people found the following review helpful. Five Stars By Adrianna This illustrated book is so beautiful! 6 of 6 people found the following review helpful. Fantastic! By Ted Blakley We picked this book up at a library sale while living in Scotland. What an amazing find! The book has charts in the back that help you select your remedy. The charts are amazing! We have had a huge amount of success with homeopathy and I attribute it to the charts in this book. Highly recommend this book to anyone who is interested in treating their family with homeopathy!

Featuring more than five hundred full-color photographs and artwork, a lavishly produced guide to homeopathic remedies shows how many common ailments can be treated at home using plants, herbs, and minerals. Doubleday Health.

.com With so much attention paid to maintaining optimal health these days, the distinguished list of "alternative" medicines now includes homeopathy. In *The Complete Family Guide to Homeopathy*, author Christopher Hammond tells us that "Homeopathy does not have treatments for diseases. It has remedies for people with diseases." Different from the conventional, allopathic approach, homeopathy offers the opposite method of treatment. Natural substances trigger the symptoms of the disorder or disease; therefore, remedies "work at the level of energy and not of matter." The resource covers homeopathy's fascinating history--it was developed at the end of the 18th century by Samuel Hahnemann, a German doctor--in the first section. Names and sources of homeopathic remedies follow. Section 3 offers remedy charts with instructions on how to observe the symptoms of a case, take notes, and choose a remedy, and what results and reactions to expect. An easy-to-read reference for first aid covers such accidents as bee stings, head injuries, and puncture wounds. Beautiful illustrations and photographs make this one of the more accessible and enjoyable guides to homeopathy. A glossary, bibliography, and list of institutions and suppliers complete the book. From *Library Journal* Relatively speaking, homeopathy is one of the more recent developments in alternative health care. It is based upon a controversial theory of "similars" developed in the 18th century by the German physician Samuel Hahnemann. Hahnemann believed that by administering highly diluted tinctures derived from herbs, minerals, and other ingredients, the body would heal itself of diseases that had symptoms similar to those caused by the medicines. The *Consumer's Guide to Homeopathy*, written by the author of *Homeopathic Medicine for Children and Infants* (LJ 7/92) and other books on the subject, is a comprehensive study of homeopathy. The emphasis here is on research, with much of the book given to discussions of scientific studies and professional procedures, including a detailed appendix of homeopathic resources, books, software, organizations, etc. Although there is information on the use of homeopathic medicines in the treatment of specific conditions, the book's format is geared toward consumer education. It answers the most common questions asked about homeopathic medicine, including myths and misconceptions, describes what to look for when choosing a homeopathic physician, and provides readers with information necessary to make intelligent choices about their treatment. Conversely, Hammond's *The Complete Family Guide to Homeopathy* is a richly illustrated, visually stunning encyclopedia in the DK style. The information is presented in a very accessible way, perfect for anyone interested in trying the medications for themselves. The emphasis here is on home treatment, with fully half of the book dedicated to pictorial descriptions of the remedies used, as well as 100 pages of symptoms charts used to determine which remedies may be most beneficial. For those readers interested in a do-it-yourself guide or for libraries looking for a one-volume purchase on homeopathy, Hammond's book is a must. Ullman's title, though also recommended, may better serve larger or more specialized collections. ?Jeffery Ingram, Newport P.L., Ore. Copyright 1996 Reed Business Information, Inc.