



Most Effective Natural Cures on Earth: The Surprising Unbiased Truth about What Treatments Work and Why

Jonny Bowden

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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.

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From Reader Review Most Effective Natural Cures on Earth: The Surprising Unbiased Truth about What Treatments Work and Why for online ebook

Amy Wilks says

I really appreciate the unbiased nature of this book. It examines over 75 different health concerns and is broken into the following sections: pure cures, plant cures, combo cures, food cures, natural treatments, and desert island cures (the six things he'd want to have if stranded somewhere). I have already taken his advice on some things (for example, quercetin for my son's allergies and magnesium supplements for me). Useful, practical, sensible information.

Becca says

This book never seems to find its way back to the book shelf because I constantly refer back to it when I want to find info on various ailments and the supplements/types of food that can resolve or mollify their symptoms.

Jodi says

It wasn't until I'd read all the health information in this book that I noticed that the author listed Dr Oz as a contributor, and also that Dr Oz says on the cover of the book that this book is one he goes back to again and again. That really explained a lot. This book is full of the sort of lightweight, superficial, incomplete, misleading and at best half-truth type health information that you get from someone like Dr Oz or in a 'health and beauty' magazine article. It's newstainment or maybe healthtainment.

The title is misleading as this book is not at all about cures, but just about adding a few supplements or herbs to mostly suppress symptoms instead of just using drugs. There are a few bits of good information but the information given is so incomplete. There are so many other more comprehensive and useful books out there.

This book could only look good if you haven't got your hand on any of the really good health books out there. Once you have, this one is hard to take seriously. It ignores so much of the most basic and important good information written by experts in the field. It's very light on references too, unlike the really good books.

For example, the author recommends taking St Johns Wort or 5HTP if you have depression. These are treatments which can be used in place of antidepressant drugs to help reduce symptoms. But they do not cure anything at all. Real causes of depression such as nutrient deficiencies and heavy metal toxicity and so many more things, are not even mentioned. Healing and curing is very different to mere symptom suppression. Symptom suppression is still symptom suppression and not healing even if you use herbs to do it with.

Despite infertility being linked with many different fixable nutritional issues the author recommends

acupuncture for infertility. The advice on basic nutrition is pretty patchy.

The author also recommends rhodiola herb for people that are fatigued and that is about it. There is no talk at all of finding the cause of the symptom and treating it before it becomes something worse, or that of course fatigue has over 100 different causes and treatments. Herbs are often recommended to people before the basic important vitamins and minerals we need to be healthy. Taking herbs before looking at the basic nutrients is just silly and a real waste of time and money. The author has also not done much reading on vitamin C and the need for higher doses during illness. The saturated fat and salt myths are also supported in this book.

It should also be noted that the author of this book sells some or all of the supplements he recommends on his website.

For real information on allowing the body to begin healing and finding the actual causes of disease books by Dr Sherry Rogers, Dr Abram Hoffer and others are essential reading. For information on why the measly 2 grams or so of vitamin C recommended in this book is far from adequate especially for ill people see books by Dr T Levy, Steve Hickey, Linus Pauling and others.

Jodi Bassett, The Hummingbirds' Foundation for M.E. (HFME) and Health, Healing & Hummingbirds (HHH)

Steven says

Good resource to look at when you have a specific trouble. Hope some of them work, and I am in the one third that these natural cures really help out, instead of that one third that it does nothing for.

Kat Morrill says

I LOVE all his books. He gives you lots of great info without all the bias or extreme views!

Carlos Rosales says

I found this book to be helpful when it comes to cures for GERD and the rest seems to make sense.

Jacki says

Another good book to have on shelf as a reference for ailments, aches, and pains. I learned a lot from this book as well. Johnny Bowden did a great job again.

Jennifer says

I need to have this book for a reference guide!

Val says

Didn't look at the table of contents before reading... I thought this would be mostly about things like food and yoga, but it's actually mostly about supplements (which are not regulated by the FDA, and therefore consume at your own risk!)
