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Smart Medicine for Healthier Living is a complete A-to-Z guide to the most common ailments and disorders and their treatments, using both alternative care and conventional medicine. This unique book is designed to give you quick and easy access to up-to-date information and advice regarding your personal health and safety.Smart Medicine for Healthier Living is divided into three parts.

Smart Medicine for Healthier Living: A Practical A-Z ...

Revised, updated and expanded to reflect the latest thinking and information on children's health issues, "Smart Medicine for a Healthier Child" enables parents to combine the best of conventional and alternative approaches.

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INNER GENIUS BENEFITS: Improved cognition, mood and memory. Support for recovery from brain and nerve injuries (stroke, concussion, sciatica & various neuropathies) Potential symptom improvement and reduced progression of various neurodegenerative conditions, such as Alzheimer ' s, Parkinson ' s, ALS or multiple sclerosis.

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