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This revised edition is fully illustrated and still offers the same practical advice by using the red light/green light rating system to evaluate treatments. From acupuncture to yoga, echinacea to St. John's wort, and meditation to healing touch, Mayo Clinic provides answers to the most pressing questions people have about the effectiveness of complementary and alternative medicine and when it's appropriate to use natural remedies in place of or in conjunction with traditional medicine. The book also provides helpful tips on how to treat common ailments and incorporate alternative treatments into the readers' and their families lives.

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