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What People Are Saying About Own Your Health . . . "I recommend this book to all people who want to know how to navigate the confusing world of alternative medicine and choose sensible therapies that work.

Choosing the best of alternative and conventional medicine ... The good news about advances in the treatment of chronic illness and pain is that many of us are now living—and working— well into midlife and beyond.

Almost everyone is concerned about health these days, but the more information that is available, the more confusing it all becomes. Conventional medicine? Millions of people are dissatisfied with the care they receive from their doctors, including: The lack of personal attention; drug side effects

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Own Your Health shows patients and physicians that the best treatment for illness is usually a combination of alternative and conventional medicine and that neither approach should be ignored in the quest for recovery. This book definitely qualifies as a reference source in any health sciences library.

Own your health : choosing the best from alternative & conventional medicine : experts to guide you, research to inform you, stories to guide you

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