



# **The Pill Book Guide to Natural Medicines: Vitamins, Minerals, Nutritional Supplements, Herbs, and Other Natural Products**

*Michael Murray N.D.*

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Compiled by one of America's leading authorities on natural medicine, **The Pill Book Guide to Natural Medicines** answers vital questions about the effectiveness and safety of more than 250 of today's most popular natural remedies. Dr. Murray's unique A-to-F rating system tells you at a glance whether the product has been scientifically proven to work and if there are risks in taking it. Written in clear, accessible language, here is important information on:

- What the product is for, and how it works
- Safety and effectiveness rating
- Possible side effects
- Drug and food interactions
- Usual dosage
- Cautions and warnings
- Special concerns for seniors, children, and pregnant women

Up-to-date and authoritative, **The Pill Book Guide to Natural Medicines** also contains Dr. Murray's recommendations for the prevention and treatment of over 70 common conditions, from acne and atherosclerosis to ulcers and varicose veins. Remember, just because a product is "natural" does not mean it is safe. This important reference can help you make wise choices—or even save your health.

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