



Good Health in the 21st Century: A Family Doctor's Unconventional Guide

Dr. Carole Hungerford

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This encyclopedic health guide provides an extraordinary amount of accessible information and presents a radically different way of maintaining well-being. Rejecting the routine cocktails of medication with their complicated interactions and side effects, it shows how to provide a chance for minerals, vitamins, and essential fatty acids found in food and supplements to do their health-giving work. The subjects covered include conditions and diseases such as asthma, arthritis, cancer, obesity, and cardiovascular disease; mental health; neurological disorders; hormone-replacement therapy and vaccination; macronutrients and minerals; and vitamins and essential fatty acids.

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