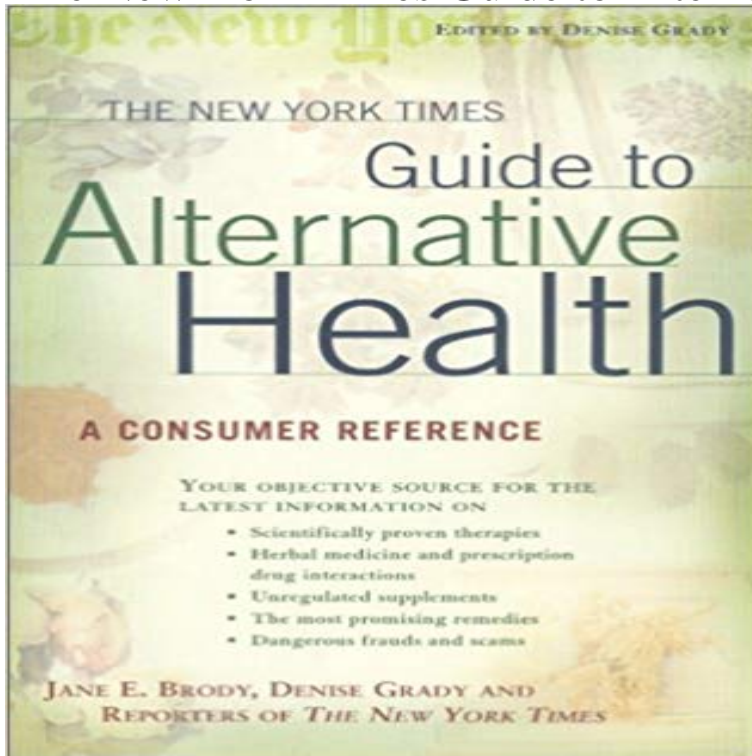


The New York Times Guide to Alternative Health



An indispensable resource for anyone interested in alternative medicine. Nearly half the American population has at some point consulted a practitioner of complementary medicine -- a chiropractor or a specialist in acupuncture, homeopathy, massage therapy, or herbal or Chinese medicine. The amount of money spent on treatments and products in these areas is staggering, yet we still know little about their efficacy. Adhering to the same high standards of investigation used by mainstream medical science, Jane Brody, Denise Grady, and the reporters of The New York Times take a hard look at the products, the research -- and the scams. They reveal the facts about unregulated dietary supplements, interactions between herbal and prescription medicines, and the many theories about the power of the mind over physical ailments. They evaluate claims about popular remedies like echinacea, ginkgo, and St. Johns wort, and review the increasing body of scientific data on alternative treatments, including critical government case studies. Contributors to this timely and authoritative guide include star writers of the health, science, and business pages of The New York Times, whose articles are prized by those seeking practical, reliable, well-researched reporting on vital health issues.

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