In this fully-updated fourth edition, readers are offered an extensive resource of natural remedies and recommended lifestyle changes that have helped thousands of people alleviate symptoms and heal their bodies.

Organized in a practical manner, the book addresses obstacles to health, reducing fat intake, digestive-friendly grains, and food families as well as advanced treatment options for practitioners. Practitioners of complementary and integrative health care, and traditional Chinese medicine will find this book invaluable to help advise their clients.

Key features:
- Includes comprehensive appendices - Commonly Asked Questions and Answers, Food Families, Common Acupuncture Points Used in the Treatment of Digestive Disorders, and Additional Formulas (for treatment of digestive disorders).
- Illustrates effective treatments for acid reflux, chemo and radiotherapy side effects, constipation, Crohn's disease, diarrhea, diverticulitis, food sensitivities, gallbladder problems, gastritis, heartburn, hepatitis, indigestion, intestinal gas, irritable bowel syndrome, mouth ulcers, peptic ulcers, and ulcerative colitis.

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