



# Most Effective Natural Cures on Earth: The Surprising Unbiased Truth about What Treatments Work and Why

By Jonny Bowden

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A comprehensive look at natural treatments and healing methods that work.

Jonny Bowden takes his practical, knowledgeable, and open-minded approach -- the same approach that made his previous book, *The 150 Healthiest Foods on Earth*, so successful -- and focuses it on natural cures, revealing the best of alternative medicine for a mainstream audience. Through his personal use, extensive research, and wide-ranging expertise in nutrition and health, Jonny sorts through the myriad home remedies from every discipline and tradition to show which work and how best to use these proven healing techniques. He also explains through approachable and articulate descriptions why they work and on what basis he selected these cures -- whether it is patient testimonials or the latest scientific studies to give you peace of mind and the information you need about each treatment.

The book explores more than 75 common conditions, including allergies, cancer, high cholesterol, depression, diabetes, hypertension, menopause, and stress.

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### Editorial Review

#### Review

*Bowden, Jonny. The Most Effective Natural Cures on Earth: The Surprising, Unbiased Truth About What Treatments Work and Why. Fair Winds: Quayside. Jan. 2008. c.360p. photogs. index. ISBN 978-1-59233-291-5. pap. \$24.99.* **HEALTH Verdict:** In this fast-paced world of pill poppers and pill pushers, fitness expert Bowden (Living the Low-Carb Life) provides a welcome, vetted holistic approach encompassing the mind-body connection and natural treatments. Although the book's organization could be improved by listing each condition alphabetically, the content is useful, and readers can locate topics using the index.

Recommended for medium to large public and academic libraries.

**Background:** In six chapters, Bowden reviews more than 75 specific health concerns and alternative treatments for a variety of topics including cancer, skin disorders, PMS, stress, diabetes, menopause, and depression. Readers learn about alternative and cutting-edge natural remedies, including supplements, herbs, foods, and healthy lifestyle choices, complete with research, a glossary, recommended reading and resources, and indexes. More than 75 attractive full-color photos lend the book a coffee-table tome browsability - *Library Journal's Xpress Reviews*

#### About the Author

**Jonny Bowden, Ph.D., C.N.S.**, also known as The Nutrition Myth Buster, is a nationally known, board-certified nutritionist and expert on diet and weight loss. He has appeared on the Dr. Oz Show, Fox News, CNN, MSNBC, ABC, NBC, and CBS and has contributed to articles in the *New York Times*, *Forbes*, *the Daily Beast*, *Huffington Post*, *Vanity Fair Online*, *Men's Health*, *Prevention*, and dozens of other print and online publications. He is a popular speaker who presents at both academic and consumer events all over the world.

Dr. Jonny is the best-selling author of fifteen books, including *Living Low Carb* (now in its fourth edition), *Smart Fat* (with Steven Masley, M.D.), and the controversial best-seller, *The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease and the Statin-Free Plan that Will* (with cardiologist Stephen Sinatra, MD). He lives in Los Angeles, is an avid tennis player, and shares his life with Michelle Mosher, Zoe Hochanadel and Jade Hochanadel, Bubba, Lucy, Emily, Luna, and nine fish.

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##### **Valerie Herrera:**

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