



Dr. Rosenfeld's Guide to Alternative Medicine: What Works, What Doesn't--and What's Right for You

Isadore Rosenfeld Md

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Here, at long last, is an unbiased look at alternative medicine by a distinguished and experienced clinician with an open mind. Ignoring the name-calling and turf wars among various health care factions, Dr. Isadore Rosenfeld, a professor of clinical medicine and author of several bestselling books (including **Doctor, What Should I Eat?** and **The Best Treatment**), turns his erudition to examining the field of alternative medicine. Based on in-depth research, and written with his trademark wit and candor, Dr. Rosenfeld reviews the track records of dozens of the most widely-used alternative therapies. He discusses such diverse approaches as hypnosis, acupuncture, chelation, homeopathy, reflexology, aromatherapy, applied kinesiology, hydrotherapy, oxygen therapy, fasting, Ayurvedic medicine, use of medicinal herbs, craniosacral therapy -- and more.

For each approach, Dr. Rosenfeld describes how it is used, the theories on which it is based, how much scientific evidence exists to support claims for it, and, most important for the health consumer, whether it actually works. Dr. Rosenfeld calls it as it is, including a delicious description of how to tell a quack from a legitimate practitioner.

This is an eye-opening and entertaining approach to a controversial subject of vital interest to everyone. You will find many surprises in these pages. Read the excerpt for just some of the ways alternative medicine can and cannot work for you.

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