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Michael T. Murray

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health. In addition it addresses specific health problems which make it a great supplement for those who want to dip into non-pharmaceutical treatment and can't find any professional medical support for doing so. If you know a doctor who wants to encourage your efforts to take more responsibility for your state of health but who doesn't have the time to take courses, this is a great gift. There are plenty of references to research yet the text material is clear and easy enough for the layman to read. The doctor can give patients some relevant reading material while waiting for the doctor's return to the examination room. Each of the specific conditions is followed by a review and treatment summary plus suggested lifestyle changes, supplements, and botanical medicines. There are often guidelines within each condition write-up that help the patient decide which treatments are more likely relevant to that person's needs. An example within "Insomnia" is the explanation that melatonin will not have a sedative effect unless the person is actually low on melatonin. This is a great introduction to natural medicine as well as an ongoing companion throughout one's ups and downs of personal health care.