



What Really Works: The Insider's Guide to Complementary Health

Susan Clark

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Consumer guide to what's best in complementary health, from products to therapies.

Susan Clark is the UK's most trusted consumer watchdog. For all those people who are forever cutting out snippets from newspapers and magazines and for those who are confused by just how much information on supplements and therapies is thrown at them in the media, this book will be a godsend.

This wide ranging guide covers What Really Works across the entire mind, body, spirit area:

- Part 1 contains 5 chapters which are the building blocks for optimum health
 - 1) Food: what to eat and when to eat it
 - 2) Air: how to breathe and effects of pollution
 - 3) Water: how much we need and why what comes out of our taps could be harmful
 - 4) Sunlight – its benefits
 - 5) Exercise
- Part 2: is a top to toe look at natural remedies for 80 everyday complaints
- Part 3: called Hands-on, lists 30 of the best complementary therapies
- Part 4: called Soulworks looks at spiritual-based therapies and practices – from shamanism to meditation
- Part 5 is a Time Out guide to spas, retreats, therapists – everything from yoga holidays to flotation tanks
- The biggest resources section of any book on the market today makes this book invaluable to the public

In each case the book is thoroughly referenced to show you where to go, what brand to choose, which practitioner is best internationally.

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