



# Prescription for Drug Alternatives: All-Natural Options for Better Health without the Side Effects

*James F. Balch*

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## **Prescription for Drug Alternatives: All-Natural Options for Better Health without the Side Effects**

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James Balch and Mark Stengler, coauthors of the hugely successful *Prescription for Natural Cures*, and Robin Young Balch have teamed up to create the most comprehensive and up-to-date book available on natural alternatives to prescription medications. The book provides natural, safe, and effective ways to treat a wide range of common ailments, including ADHD, allergies, diabetes, depression, erectile dysfunction, eczema, heart disease, headaches, and PMS. You'll read in-depth information, not found in any other popular book, about the pros and cons of prescription and over-the-counter drugs compared with natural treatment alternatives ranging from diet and lifestyle changes to supplements and herbal medicines.

""This book is essential reading for anyone who wants to take charge of his or her health. Read it to live long and well. ""

—Hyla Cass, M.D., author of *Supplement Your Prescription: What Your Doctor Doesn't Know about Nutrition*

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""A must-read for every person who wants to achieve better health and avoid the dangers of synthetic medications. The authors do an exceptional job by telling you everything you need to know about getting well and how to use supplements correctly and safely.""

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