



# The Green Medicine Chest: Healthy Treasures for the Whole Family

*Judith Boice*

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## **The Green Medicine Chest: Healthy Treasures for the Whole Family** Judith Boice

Are pharmaceutical drugs making you or your family sick? Do you want to use safe, earth-friendly medicine? Do you know how to effectively use supplements and natural remedies to build optimal health? Sixty-six percent of the U.S. population consults alternative health care providers and over 70% take supplements, but many people don't know how to use these methods effectively. The Green Medicine Chest offers a well organized, easily accessible guide for effectively using natural remedies, reducing your doctor bills, and improving your overall health. This family health companion shows you how to address: Acne, Bed-wetting, Childhood vaccinations, Colds, Depression, Diabetes, Fatigue, Food allergies, Headaches, Insomnia, Low libido, Low thyroid, Menstrual cramps, Prostatitis, Teething, and much more. Shortly after Patty was diagnosed with metastasized skin cancer, she began changing her diet, practicing qigong, and doing constitutional hydrotherapy treatment. These and several natural medicines helped her tolerate chemotherapy and radiation treatments -- and eventually restored her to full health. Patty has outlived her terminal cancer diagnosis by three years. When Karen developed the symptoms of reactive airway disease, her pulmonologist gave her little hope for improvement. Using the natural therapies presented in The Green Medicine Chest®, Karen has increased her lung capacity, improved her vitality, and dramatically reduced her sick days. Dr. Judith Boice, award-winning author, international teacher, naturopathic physician and acupuncturist, is the author of nine books, including Menopause with Science and Soul: A guidebook for navigating the journey. Dr. Boice graduated from the National College of Naturopathic Medicine. She has lived and traveled around the world, fostering an understanding and respect for many cultures and traditions. One percent of the profits from this book are donated to support Green Medicine projects and organizations.

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