



Optimal Wellness: Where Mainstream and Alternative Medicine Meet

Ralph Golan M.D.

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If you fall into the gray zone between health and disease but your physician can't find anything wrong ... if you have an illness for which modern medicine can offer no cure ... if your medical treatments are "working," but you still don't feel healthy, then **Optimal Wellness** is just what the doctor ordered.

This empowering self-care guide challenges the "crisis/disease" orientation of modern medicine -- prescription drugs, expensive surgery, and high-tech intervention -- and points the way to a more comprehensive system of health care that heals the whole person.

Learn to identify and understand the "Ten Common Denominators" of illness that most frequently threaten optimal health. Take the Master Symptom Survey, which reveals the hidden conditions that are eroding your good health. Find a practical framework for identifying dietary hazards and creating your own optimal diet. Learn about recommended dosages for vitamins, minerals, and herbal remedies -- "New age and age-old" approaches to wellness, such as fasting, herbal medicine, and energy medicine. Read the guidelines for choosing and working more effectively with your doctor and other health professionals. And much, much more.

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