



Health and Healing: The Philosophy of Integrative Medicine and Optimum Health

Andrew T. Weil M.D.

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The best-selling books of Andrew Weil, "the guru of alternative medicine," (San Francisco Examiner) offer a comprehensive blend of traditional and alternative methods that help to achieve better health in the modern world.

Dr. Andrew Weil's groundbreaking handbook for people who want to take control of their lives and their health, *Health and Healing* presents the full spectrum of alternative healing practices, including holistic medicine, homeopathy, osteopathy, chiropractic, and Chinese medicine, and outlines how they differ from conventional approaches. The philosophical basis for his work in integrative medicine and optimum health, *Health and Healing* draws on Weil's own vast clinical and personal experience, as well as on case studies from around the world.

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