



BOOK REVIEW:
COMPLEMENTARY AND ALTERNATIVE HEALTH (THE SCIENTIFIC VERDICT
ON WHAT REALLY WORKS)
Dr. Steve Bratman

Dr. Steve Bratman has created a clear and accessible guide. This book has been endorsed by the Complementary Medical Association (CMA). It is split into four easy to read and concise sections: Conditions, Herbs and Supplements, Drug Interactions and Alternative Therapies. It answers questions such as: Are alternative medicines safe and effective? What are the pros and cons and do they work? This would be a reference guide for therapists and non-therapists alike.

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