

BOOK REVIEW

The Alternate Healing Compendium by Dr Seema Anand; Publisher: Balboa Press, Bloomington, USA, 2014; Paperback, pp. xvi + 437; ISBN: 978-1-4525-1717-9; Price: US\$ 28.99.

Since time immemorial, the study of disease and its remedies has captivated humankind. Today, modern medical science has gained prominence and widespread acceptance as the preferred method of curing disease. However, it is also true that the reasons behind many diseases are still not completely understood by modern medical science. Many times in modern medical science, treating a disease means treating the symptoms or signs of the disease. Therefore, for many of the diseases, even after the symptoms have been suppressed, one has to continue treatment throughout one's life to keep them suppressed, without actually curing the disease itself. Then as there is no permanent cure, one has to endure the physical and psychological distress associated with the disease along with the side effects of the treatment. To get rid of the diseases the early Greek physician Hippocrates said, "*The natural healing force within each of us is the greatest force in getting well.*"

Keeping the above view in mind Dr Seema Anand, a practicing Doctor of alternative system of Medicine, has written a book entitled "The Alternate Healing Compendium". The aim of this book is to provide methods of alternate healing techniques that may supplement to the modern methods of treatment. Though, there are several books available on the subject, but this book is unique as it is based on scientific approach on understanding of disease and alternative therapies. The author believes that "a person is the best healer as GOD has gifted him the power to heal himself, and that power can greatly be enhanced by various alternate modalities and tools." The author has a rich experience of the subject as she is actively involved in counseling and teaching of alternatives therapies for more than 20 years.

The book is divided into two parts: Part A, provides information on different modalities like crystals, colour, angels, sound, *mudras*, aromatherapy, reflexology and reiki; and part B, includes treatment methods of more than 35 common ailments of human being.

The book is written in simple language and almost free from topographical error.

In part A, there are 17 chapters. Each chapter is dedicated to single modality, viz. *Chakras*, mind body correlation, colour therapy, crystal healing, affirmations, yoga, *mudras*, reiki, *rudraksha*, sound, reflexology, aromatherapy and angel healing. The expertise of author is clearly visible in the book. The chapters are arranged in a coherent fashion makes the book reader friendly. In every chapter, the author has provided a brief introduction to the concerned modality, step-by-step directions for the use, complete methodology and effects of treatment. Line drawings and photographs are the additional features of the book that enhance better understanding of *Chakras*, mind body correction, and *mudras*. Location of *Chakras* with colours, sound, endocrine and nervous systems are presented by human body drawing.

Part B of the book is excellent as the chapters are arranged disease wise and each chapter is assigned to an ailments. The second part provides treatment methods of following ailments: attention deficit hyperactivity disorder, AIDS, allergies, Alzheimer's disease/dementia, anemia, asthma/bronchitis/acute respiratory distress syndrome/autism/cancer/cataract, cerebral palsy, cholesterol, chronic fatigue syndrome, diabetes mellitus, dyslexia, female/male infertility, glaucoma, heart attack, hemophilia, hepatitis, herniated disc, insomnia, liver problems, meningitis, migraine, muscular dystrophy, obesity, Parkinson's disease, peptic ulcers, polycystic ovary syndrome, prostate gland enlargement, schizophrenia, stroke, urinary tract infection and varicose veins. The directions for use of each modality with specification, time and duration of treatment has been depicted. The chapters are well written in such a way that patients may treat themselves with the help of this book. All in all "The Alternate Healing Compendium" is very informative and useful not only for patients but also for healthy persons for maintaining good health free any side effect and without monetary expenses.

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