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Map To Find Better Health

New Book Offers Signposts, Suggestions for Exploring

Complementary and Alternative Health Options

(Plano, TX) People facing health problems may find new help from an old-fashioned map. Are you sinking into the Quicksand of Pain? Perhaps you're stranded in the Mountains of Misery or simply lost in a Forest of Symptoms? Finding better health is easier with the new map to the world of complementary and alternative therapies found in the second edition of *UnBreak Your Health*.

In this just-published version Alan Smith uses an old-fashioned paper map to explain the principles involved in successfully taking responsibility for your own health. Before GPS to find your destination you needed a map to know where you are, where you're going and to find the best route. In a similar manner a map can help you find the therapies you need for better health. The author compares the physical terrain shown on a map to Body Therapies. The book also shows the similarities between man-made features like longitude and latitude to Mind Therapies since both are artificial creations to help us better understand and navigate our world. However both of these aren't enough to help you find your way to your destination of better health, you still need to know the right direction to go. A compass's "magic" or magnetism is compared to the invisible energies of Spirit or Energy Therapies. By using all of these features together a person finds their destination using a map, in much the same way they can now find better health.

For many people the visual explanation of a map makes it all easier to understand. The world of

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complementary and alternative therapies can often be confusing and it's easy to become lost between ancient healing therapies and the latest innovations in technology. The concept of holistic medicine is also easier to appreciate. Using the elements of body, mind and spirit in combination for better health is similar in many ways to using the different features of a map to reach a destination.

After a disappointing trip to the Mayo Clinic author Alan Smith admits "I suddenly became very, very open-minded about complementary and alternative medicine (CAM)." Like many people he turned to new options after he'd run out of treatments in mainstream medicine. Fortunately he found some therapies that have been very beneficial and have restored much of his health. But it was a difficult journey because there wasn't a simple, easy-to-read guide to the world of CAM. After his own success he wanted to share the hope he found by writing his first book, ***UnBreak Your Health***.

The new edition of ***UnBreak Your Health*** features new and updated listings to 339 CAM individual therapies in 150 different categories. The book also includes testimonials, news of the latest scientific discoveries and includes listings to all of the free podcasts available on the author's show. There are also health tips and advice scattered throughout the book. The book is available at bookstores and online at Amazon.com and other book outlets.

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