

## Selected booklist

ERICH BUCHHAUS

Book Selector

### General

**The Complete family guide to alternative medicine: an illustrated encyclopedia of natural healing.**- Element, 1999.

**Curing everyday ailments the natural way.**- Reader's Digest SA, c2000.

Elliot, Rose. **Kitchen pharmacy: how to make your own remedies.**- Chapmans, 1994.

Fenn, Celia. **A guide to complementary therapies in South Africa.**- Struik, 1998.

Giller, Robert M. **Natural prescriptions.**- Pavilion, 1995.

**The Hamlyn encyclopedia of complementary health.**- Hamlyn, 2000.

Jacka, Judy. **The complete A-Z of common ailments and their natural remedies.**- Foulsham, c1995.

Morton, Mary. **Five steps to selecting the best alternative medicine.**- New World Library, 1996.

**Natural therapies.**- Thorsons, 1994.

Pantanowitz, Desmond. **Alternative medicine: a doctor's perspective.**- Southern Book, 1994.

Pelletier, Kenneth R. **The best alternative medicine.**- Simon, 2002.

Reader's Digest. **Reader's Digest South African family guide to natural medicine.**- Reader's Digest, c1992.

Sachs, Judith. **Nature's Prozac.**- Simon, 1998.

Uys, Herman. **God se apteek.**- [Bambi Bks.?], 2004.

Wallerstein, Claire. **Alternative medicine.**- Heinemann, c2003.

### Aromatherapy

Berwick, Ann. **Holistic aromatherapy.**- Llewellyn, 1994.

Ranger, Helen. **Everybody's aromatherapy.**- Tafelberg, 2001.

Ranger, Helen. **Maklike aromaterapie.**- Tafelberg, 2001.

Rudd, Carol. **Flower essences.**- Element, 1998.

Sellar, Wanda. **The directory of essential oils.**- Daniel, 2001.



## Ayurveda

- Frawley, David. **Ayurveda and marma therapy.**- Lotus P, 2003.
- Godagama, Shantha. **The handbook of Ayurveda.**- Kyle Cathie, 2001.
- Morrison, Judith H. **The book of Ayurveda.**- Gaia Bks., 1995.
- Verma, Vinod. **Ayurveda: a way of life.**- Samuel Weiser, 1995.

## Chinese medicine

- Firebrace, Peter. **A guide to acupuncture.**- Constable, 1994.
- Gascoigne, Stephen. **The Chinese way to health.**- Tuttle, 1997.
- Chinese medicine.**- Carlton, 2004.
- McNamara, Sheila. **Traditional Chinese medicine.**- H. Hamilton, 1995.
- Ody, Penelope. **Practical Chinese medicine.**- Godsfield, 2000.
- Sollars, David. **The complete idiot's guide to acupuncture and acupressure.**- Alpha Bks., c2000.
- Williams, Tom. **The complete illustrated guide to Chinese medicine.**- Element, 1996.

## Colour therapy

- Corvo, Joseph. **The healing power of colour zone therapy, and how it can help you.**- Piatkus, 1997.
- Wills, Pauline. **Colour therapy.**- Element, 2000

## Crystal healing

- Gienger, Michael. **Crystal power, crystal healing.**- Blandford, 1998.
- Hall, Judy. **The illustrated guide to crystals.**- Sterling, 2000.

- Simpson, Liz. **The book of crystal healing.**- Gaia Bks., 1997.

## Homoeopathy

- Bloch, Ruth. **Homoeopathy for the home.**- Struik, 2003.
- Cummings, Stephen. **Everybody's guide to homeopathic medicines.**- Gollancz, 1986.
- Harvey, Clare G. **The encyclopaedia of flower remedies.**- Thorsons, 1995.
- Hayfield, Robin. **Homeopathy for common ailments.**- Gaia Bks., 1993.
- Lockie, Andrew. **The complete guide to homeopathy.**- Dorling Kindersley, 1995.
- Lo Rito, Daniele. **Bach flower massage.**- Healing Arts P, 1997.
- MacEoin, Beth. **Homeopathy and the menopause.**- Thorsons, 1996.
- Rudd, Carol. **Flower essences.**- Element, 1998.
- Scheffer, Mechthild. **Encyclopedia of Bach flower therapy.**- Healing Arts P, c2001.
- Williamson, Vivien. **Bach remedies, and other flower essences.**- Lorenz Bks., 2000.

## LaStone therapy

- Nelson, Mary. **The official LaStone therapy manual.**- Piatkus, 2004.
- Scrivner, Jane. **LaStone therapy.**- Piatkus, 2003.

## Magnet therapy

- Coghill, Roger. **The book of magnet healing.**- Gaia Bks., 2000.
- Rose, Peter. **Magnet healing.**- Connections, 2003.
- Vegari, Gloria. **Magnetic therapy.**- Caxton Editions, 2002.

## 'Mind medicine' (Self healing)

- Hirshberg, Caryle. **Remarkable recovery.**- Headline, 1996.
- Weil, Andrew. **Spontaneous healing: how to discover and enhance your body's natural ability to maintain and heal itself.**- Little, 1995.

## Reflexology

- Brown, Denise Whichello. **Reflexology: an introduction.**- D&S Bks., 2001.
- Pitman, Vicki. **Reflexology: a practical approach.**- N.Thornes, 2002.
- Wills, Pauline. **Die refleksologie-handboek.**- Human, 1997.

## Reiki

- Ellis, Richard. **Empower your life with reiki: focus your body's energy for deep relaxation and inner peace.**- Hodder, 2000.
- Hall, Mari. **Practical reiki.**- Thorsons, 1997.
- Parkes, Chris. **15-minute reiki: health and healing at your fingertips.**- Thorsons, 2004.
- Parkes, Chris. **Reiki: the essential guide to the ancient healing art.**- Vermilion, 1998.
- Tompkins, John. **Mastering reiki: a practicing and teaching primer.**- Llewellyn, 2002.

## Water therapy

- Buchman, Dian Dincin. **The complete book of water healing: using the earth's most essential resource to cure illness, promote health, and soothe and restore body, mind and spirit.**- Contemporary Bks., c2002.
- Chaitow, Leon. **Water therapy: how to use home water treatments for total health and beauty.**- Thorsons, 1994.
- Roeder, Giselle. **Healing with water: Kneipp hydrotherapy at home.**- Alive Bks., 2000.

