

Review by Steve Helms, ND

Natural Approach to Ophthalmology and Otolaryngology (6th ed.)

*Kevin Conroy, ND, Eric L. Yarnell, ND, RH,
Keegan Sheridan, ND, et al. (eds)*

*Healing Mountain Publishing, Inc.,
245 N. Chelan Ave., Wenatchee, WA 98801*

www.healingmountainpublishing.com

ISBN 0-9741178-8-9; Hardcover; 561 pages; \$69.95

Edited by a respected group of naturopathic physicians and written in association with Bastyr University, *Natural Approach to Ophthalmology and Otolaryngology* is a welcome reference that is now in its sixth edition. Focusing on naturopathic treatment protocols, the core editors (Conroy, Yarnell, and Sheridan) have created a reference that succinctly presents the clinical effectiveness of different therapies, thus allowing clinicians the ability to quickly evaluate treatments and apply information to a given patient.

Head and neck pathologies – including such wide-ranging conditions as migraines, macular degeneration, sinusitis, ear infections, periodontal disease, black hairy tongue, and oropharyngeal abscesses – are separated by anatomy into 22 chapters. These medical conditions are organized by common subheadings: etiology and pathophysiology, diagnostic signs and symptoms, appropriate physical exam and labs, differential diagnosis, complications and referral guidelines, and treatment. Therefore, this book provides not only a textbook for students, but also a desktop reference for clinicians.

Each treatment section is holistic in scope, including general measures, diet, nutritional supplements, botanical medicine, physical medicine, homeopathy, and even the common pharmacological and surgical interventions. The therapies are referenced, contain a synopsis of each study mentioned, and often include negative studies. Preceding each synopsis is a highlighted description of the study type – animal study, meta-analysis, clinical observation, double-blind clinical trial, randomized double-blind placebo-controlled crossover clinical trial, etc.

This highly recommended resource covers over 100 conditions, displays the depth of numerous revisions, and presents information in a well-organized and easy to use format.