

## **New Book "Cure Yourself Naturally" Helps Readers Weather the Health Care Crises**

### **The author's lengthy struggle with illness eventually led her to natural cures that worked**

Council Bluffs, IA -- Few things are worse than being sick with a serious illness and finding your doctor can't cure you, all the while health care bills mount at a frightening pace.

That was the experience of author Gina Kopera as she struggled with multiple sclerosis. "Even after spending \$30,000 on doctors, medicines, and insurance, I was no closer to being cured than when I started. It was devastating," Kopera said.

Far from giving up, Kopera was determined to find a cure for her illness, eventually turning to alternative remedies. These treatments worked.

The story of Kopera's experience is the subject of her new book "Cure Yourself Naturally -- what to do when your doctor cannot heal you." The book is available for immediate download at <http://www.GinasCorner.com> .

"I wrote the book to encourage others to take control of their own health. Many people can't blindly accept what their doctor tells them. As well trained as your doctor is, he or she simply may not know how to cure you," Kopera said.

For Kopera and millions of others, alternative medicine has been the answer. Herbal remedies have been used by cultures around the world for thousands of years. Kopera, who is a Certified Master Herbalist, uses these treatments that date back more than 2,000 years to the time of Hippocrates.

"What we tend to forget is that most of today's expensive prescription drugs get their ingredients from plants, many of which have been used by native cultures for centuries. So going directly to the herbs themselves gets you benefits the way nature intended them," Kopera said.

The National Institutes of Health, the department of the US government that does the lion's share of medical research, is now devoting an entire division to alternative medicine. Even in conservative medical circles, doctors are looking for ways to incorporate herbal treatments in their mainstream practices.

"Cure Yourself Naturally" also includes the story of how Kopera cured her son's Epilepsy. "Any parent or grand parent who is struggling with a child's illness will find this story inspirational. You'll come away with some excellent ideas you can use right away," Kopera said.

GinasCorner.com offers a wide range of information on natural healing and treatments, including popular herbal products.