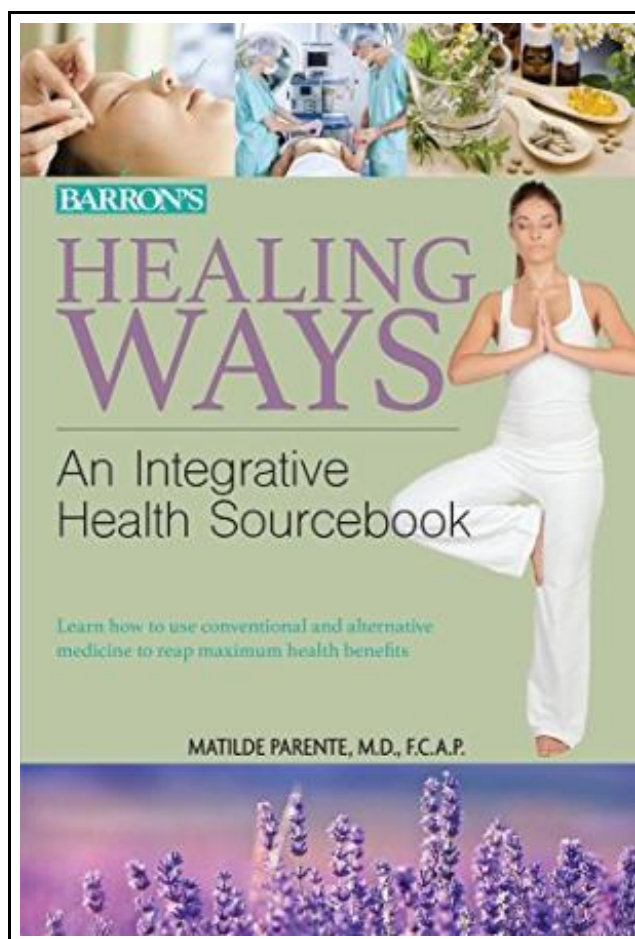


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HEALING WAYS: AN INTEGRATIVE HEALTH SOURCEBOOK (PAPERBACK)



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Barron s Educational Series Inc.,U.S., United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. When it comes to your health, it s important to know and understand all the options available to you. Should you stick with Western medicine alone? What are the benefits and dangers of alternative medicine? Can acupuncture, massage therapy, or meditation really help? In *Healing Ways: An Integrative Health Sourcebook*, you ll find important information about conventional and alternative therapies, and how they can work together to help you reap maximum benefits. This approach is called Complementary and Alternative Medicine (CAM), and it lets you combine the best of both worlds: mainstream medical therapies and alternative solutions that have high-quality scientific evidence for safety and effectiveness. In the pages of this guide, you will find: How traditional Western medicine can work with CAMExpectations, cautions, and mythsTalking to your doctor about CAMHow to be a better health consumerHow to decide which CAM methods are right for youIntegrated Approaches--from ancient to modernMind-Body Approaches, including mediation, yoga, relaxation techniques and moreChiropractic, massage therapy, reflexology, and other body workHerbal Medicine and SupplementsCAM Method Finder, and more Take charge of your life--and your health--with this new approach to treatment that grows in popularity every day.



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