

The scientific basis of integrative medicine

CRC Press - The Scientific Basis of Integrative Medicine

What is Integrative Medicine

- Combining conventional medicine with CAM therapies with an EBM basis
- Art and science of healing addressing care of the whole person
 - Body, Mind and Spirit
- Integrates conventional and complementary therapies to promote optimal health, prevent and treat disease
- Good Family Medicine

Description: -

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Switzerland -- Statistics.
Mind-Body Therapies
Psychoneuroimmunology
Mind and body
Psychoneuroimmunology
Integrative medicineThe scientific basis of integrative medicine
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Only a fraction of our budget is spent on prevention and health promotion, despite evidence that prevention can do much to reduce the burden of chronic disease. Roberta Lee, MD, Vice Chair of the Department of Integrative Medicine at Beth Israel Medical Center in New York, an IM practitioner, like a conventional MD, has pharmaceutical and surgery-based interventions at his or her disposal; these options, however, will be weighed in the context of the other therapeutic choices, including CAM-based therapies, and together these interventions are prioritized according to the level of benefit, risk, potential toxicity, and cost. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with The Scientific Basis Of Integrative Medicine Second Edition.

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Alternatively, you can talk with people and teach them skills to deal with stress, whether it is yoga, stretching, deep breathing exercises.

East Meets West: How Integrative Medicine is Changing Health Care • Explore Integrative Medicine

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Unique aspects of the text include the elucidation of the pineal as the master gland—the transducer of environmental information into neuronal and hormonal communication within the body. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with The Scientific Basis Of Integrative Medicine. This medical textbook has been written in a unique, conversational style that incorporates both technical and scientific information, and anecdotal stories.

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