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Based on careful analysis of burden of disease and the costs of interventions, this second edition of 'Disease Control Priorities in Developing Countries, 2nd edition' highlights achievable priorities; measures progress toward providing efficient, equitable care; promotes cost-effective interventions to targeted populations; and encourages integrated efforts to optimize health. Nearly 500 experts - scientists, epidemiologists, health economists, academicians, and public health practitioners - from around the world contributed to the data sources and methodologies, and identified challenges and priorities, resulting in this integrated, comprehensive reference volume on the state of health in developing countries.

The unique approach in this book provides the historical background of alternative healing systems, in addition to the most up-to-date information on scientific research, plus basic clinical applications. Intended as an introduction to the topic of alternative medicine, this book has become a standard among medical and health-care professionals.

The provision and use of traditional, complementary and alternative medicine (CAM) has been growing globally over the last 40 years. As CAM develops alongside - and sometimes integrates with - conventional medicine, this handbook provides the first major overview of its regulation and professionalization from social science and legal perspectives. The Routledge Handbook of Complementary and Alternative Medicine draws on historical and international comparative research to provide a rigorous and thematic examination of the field. It argues that many popular and policy debates are stuck in a polarized and largely asocial discourse, and that interdisciplinary social science perspectives, theorising diversity in the field, provide a much more robust evidence base for policy and practice in the field. Divided into four sections, the handbook covers: analytical frameworks power, professions and health spaces risk and regulation perspectives for the future. This important volume will interest social science and legal scholars researching complementary and alternative medicine, professional identify and health care regulation, as well as historians and health policymakers and regulators.

Fundamentals of Complementary, Alternative, and Integrative Medicine - E-Book

Practitioners like you have been turning to Micozzi's comprehensive CAM text for the past 20 years. Filled with the most up-to-date information on scientific theory and research and updated contributions from world experts, Fundamentals of Complementary and Alternative Medicine, 5th Edition gives you a solid foundation of the therapies and evidence-based clinical applications for CAM - and expands your global perspective with new and updated chapters on healing systems from around the world. Dive into interesting discussions on massage, manual therapies and bodywork, yoga, chiropractic, osteopathy, herbal medicine, aromatherapy and essential oils therapy, "nature cure," naturopathy and naturopathic medicine, and nutrition and hydration. With its wide range of topics, this 20th anniversary edition is your ideal CAM reference! • A broad perspective traces CAM therapies from their beginnings to present day practices. • Clinical guides for selecting therapies, and new advances for matching the appropriate therapy to the individual patient, enables you to offer and/or recommend individualized patient care. • Expert contributors include well-known writers such as Kevin Ergil, Patch Adams, Joseph Pizzorno, and Marc Micozzi himself. • A unique synthesis of information, including historical usage, cultural and social analysis, current basic science theory and research, and a wide range of clinical investigations and observations, makes this text a focused, authoritative resource. • Suggested readings and references in each chapter list the best resources for further research and study. • Coverage of CAM therapies and systems includes those most commonly encountered or growing in popularity, so you can carefully evaluate each treatment. • An evidence-based approach focuses on treatments best supported by clinical trials and scientific evidence. • Observations from mechanisms of action to evidence of clinical efficacy answers questions of how, why, and when CAM therapies work. • Global coverage in-

cludes discussions of traditional healing arts from Europe, Asia, Africa, and the Americas. • NEW! Updated chapters feature new content and topics, including: challenges in integrative medicine, legal issues, CAM in the community, psychometric evaluation, placebo effect, stress management, and much more! • NEW! Updated guides on common herbal remedies in clinical practice, East and Southeast Asia, and native North and South America deliver the latest information. • NEW! Revised chapters with new contributors offer fresh perspectives on these important and relevant topics. • EXPANDED! Basic science content and new theory and research studies cover a wide range of sciences such as biophysics, biology and ecology, ethnomedicine, psychometrics, neurosciences, and systems theory. • NEW! New and expanded global ethnomedical systems include new content on Shamanism and Neo-Shamanism, Central and North Asia, Southeast Asia, Nepal and Tibet, Hawaii and South Pacific, Alaska and Pacific Northwest, and contemporary global healthcare.

This textbook introduces students to the myriad of laws that govern the practice of complementary and alternative medicine (CAM) and, by doing so, provides a general health law survey as well. After broadly describing CAM and the ongoing tension between CAM and conventional medicine, the book covers traditional health law basics through the lens of CAM regulation and practice. Medical licensure and scope of practice, malpractice, informed consent, Food and Drug Administration regulation of dietary supplements, and antitrust are each addressed. The authors close by examining new innovations in CAM regulation. News articles, government reports, excerpts from literature, and real life problems (as well as critical cases and statutes) are used throughout the text to examine the intersection between CAM and the law. Through use of this approach, the text is accessible not only to law students but to graduate students in public health and other professionals who seek to learn more about this burgeoning field.

Scott Shannon is an MD, president elect of the American Holistic Medical Association, and considered a national expert on holistic psychiatry. In this book he brings together a comprehensive overview of CAM treatments, with information on their effectiveness and safety for specific patient populations and for use in treating specific disorders. Modalities covered include Acupuncture, Nutritional Medicine, Herbal Medicine, Meditation, Biofeedback, Aromatherapy and others. Coverage also includes chapters on the best CAM modalities for treatment of Anxiety and PTSD, Depression, ADD, and Addictions. Each chapter will be in a similar template, beginning with a description of the treatment, its safety, compatibility with conventional treatments and/or contraindications, scientific documentation of its efficacy, discussion of which disorders it is best used for, and references. Most comprehensive overview of rapidly expanding field Includes chapters by 24 leading psychiatric/psychological experts in these fields Documents and rates the research base in each area Offers practical clinical approaches for four common mental health concerns—depression, anxiety, ADHD, and addictions Areas not yet covered in professional training Practices commonly employed by the public (40-50% of the American public use complementary or alternative approaches) No previous book of this nature or scope

Highly researched and referenced, Complementary and Alternative Medicine for Health Professionals: A Holistic Approach to Consumer Health educates students about the many complementary and alternative medicine (CAM) modalities that are available, in addition to the more traditional methods that exist. Early chapters provide an overview of both traditional and alternative medicine, scientific method and steps in scientific research, and look at the cost of health care in the U.S. Later chapters introduce students to integrative medicine and provide a thorough overview of CAM practices employed today. Topics that are covered include acupuncture, meditation, herbals and aromatherapy. By reading this text, students will become astute at distinguishing among those traditional and CAM health practices that are helpful, those that have been scientifically tested, and those that may offer no benefit. Case studies throughout the text give students an opportunity to apply material and ideas to real life situations.

Explores the legal issues that health care providers, institutions, and regulators confront as they

contemplate integrating complementary and alternative medicine into mainstream U.S. health care. A third of all Americans use complementary and alternative medicine—including chiropractic, acupuncture, homeopathy, naturopathy, nutritional and herbal treatments, and massage therapy—even when their insurance does not cover it and they have to pay for such treatments themselves. Nearly a third of U.S. medical schools offer courses on complementary and alternative therapies. Congress has created an Office of Alternative Medicine within the National Institutes of Health, and federal and state lawmakers have introduced legislation authorizing widespread use of such therapies. These institutional and legislative developments, argues Michael H. Cohen, express a paradigm shift to a broader, more inclusive vision of health care than conventional medicine admits. Cohen explores the legal issues that health care providers (both conventional and alternative), institutions, and regulators confront as they contemplate integrating complementary and alternative medicine into mainstream U.S. health care. Challenging traditional ways of thinking about health, disease, and the role of law in regulating health, Cohen begins by defining complementary and alternative medicine and then places the regulation of orthodox and alternative health care in historical context. He next examines the legal ramifications of complementary and alternative medicine, including state medical licensing laws, legislative limitations on authorized practice, malpractice liability, food and drug laws, professional disciplinary issues, and third-party reimbursement. The final chapter provides a framework for thinking about the possible evolution of the regulatory structure. This book is the first to set forth the emerging moral and legal authority on which the safe and effective practice of alternative health care can rest. It further suggests how regulatory structures might develop to support a comprehensive, holistic, and balanced approach to health, one that permits integration of orthodox medicine with complementary and alternative medicine, while continuing to protect patients from fraudulent and dangerous treatments.

"Western Medicine", "Alternative Medicine", "Complementary Medicine", "Holistic Medicine", and "Natural Medicine." There is really only one "medicine" that heals and puts the whole patient, not the disease, at the center of care: Integrated Medicine. This practice integrates all modalities of healing to produce not merely a medical cure, but a deeper healing of the patient on his or her own terms. The Clinical Practice of Complementary, Alternative, and Western Medicine is a scientifically based text that informs and leads the practitioner easily through the maze of alternative therapies. Unlike other books that address the different alternative modalities, this text integrates homeopathy, acupuncture, chinese herbology, western herbology, and clinical nutrition, then combines them with traditional medicine. The author explains the new paradigm of patient-centered and Integrated Medicine and includes an extensive section on the physical underpinnings of this new paradigm, a paradigm that employs thermodynamics, non linear dynamics, chaos theory, and fractal geometry in an easy to understand discourse. The book incorporates the author's fundamental training in the alternative modalities and his ten years of clinical practice, a practice in which multiple integrated modalities of healing were utilized in the healing of over 10,000 patients. The Clinical Practice of Complementary, Alternative, and Western Medicine is a tremendously valuable reference for practitioners who want to learn about and practice alternative therapies and those who want to be more informed about what their patients may be doing and taking, and the influences those self-administered therapies may be having on their care.

Offers a comprehensive overview of complementary and alternative medicine, discussing the history, philosophy, and mechanisms of alternative treatments and providing information on alternative and complementary treatments for a variety of conditions.

Alternative therapies, once the province of the hippie counterculture, are now a mainstream phenomenon. But they are more than a medical and economic sensation. At once spiritual and bodily, medical and recreational, they are an enormously popular cultural practice bound up with the pleasure-seeking drive of consumer culture as well as with spiritual and neo-liberal values. Complementary and Alternative Medicine critically examines this phenomenon - which some denounce as the

triumph of superstition over reason - by asking practitioners themselves what makes these therapies so appealing. Drawing on a wealth of interviews with Complementary and Alternative Medicine (CAM) practitioners as well as on the author's longstanding participation in CAM culture, the book provides a much needed look from both the inside and the outside of the CAM phenomenon. This book is essential reading for students and scholars of cultural studies, anthropology, sensory studies and sociology.

This book explores the challenging issues associated with complementary and alternative medicine in the context of the social, political and cultural influences that shape people's health. Divided clearly into three sections, this book: sets out the general context of social change, consumption and debate around the rise of public interest in CAM argues for and against different classifications of CAM critically assesses the importance of ethics and values to CAM practice and how these inform what practitioners do focuses on the question of what people want, the changing and contested nature of health, and the nature of personal and social factors associated with the use of CAM, leading to a focus on 'therapeutic relationships' examines the diversity of settings in which CAM takes place and the social, political and economic milieu in which CAM is provided and used. Together with its accompanying text, *Complementary and Alternative Medicine: Structures and Safeguards*, it forms the core text for the Open University course K221 *Perspectives on Complementary and Alternative Medicine*.

Complementary and Alternative Medicine and Psychiatry will start psychiatrists and other mental health professionals on the journey toward a more complete understanding of the most common CAM treatments in use today. The alternative therapies discussed in this book pre-date our own conventional treatments by hundreds and even thousands of years. These therapies have been "conventional" medicine for hundred of millions of people who have used them throughout the centuries, and people continue to use them today. One of the few texts that provides an academic and practical review of complementary and alternative medicine, the book is written from the perspective of clinicians who practice in both traditional and alternative medicine. The book covers the major areas in CAM, including herbal medicine and nutrients, acupuncture, meditative therapies, and yoga. It provides the most important and up-to-date scientific data along with controversies that exist in the field. With all of the chapters extensively referenced, the book will serve as a tremendous resource for those interested in exploring these areas in greater depth. As evidenced by the statistics, patients today are taking increasingly active roles in managing their health care. They are using CAM therapies in the medical setting along with or in place of conventional treatment. They are using them for promoting wellness; for chronic conditions which they feel do not respond well to conventional approaches; and for more serious illnesses, as evidenced by the large number of inquiries being sent to the National Center for Complementary and Alternative Medicine at the National Institutes of Health. *Complementary and Alternative Medicine and Psychiatry* contains a thorough review of problems that may be encountered by the physicians treating these patients, and it also serves as a guide in advising patients who are seeking out CAM therapies. This book will appeal to a wide audience of professionals including psychiatrists, psychologists, social workers, nonpsychiatric physicians, and residents by providing a guide for treatment with nutrients and botanical preparations and the foundation for the use of meditation, acupuncture and yoga along with traditional psychiatric treatment.

Stepping back from the immediate demands of policy-making, *Mainstreaming Complementary and Alternative Medicine* allows a complex and informative picture to emerge of the different social forces at play in the integration of CAM with orthodox medicine. Complementing books that focus solely on practice, it will be relevant reading for all students following health studies or healthcare courses, for medical students and medical and healthcare professionals.

Get a solid, global foundation of the therapies and evidence-based clinical applications of CAI. *Fundamentals of Complementary, Alternative, and Integrative Medicine*, 6th Edition is filled with the most up-to-date information on scientific theory and research of holistic medicine from experts around the world. The 6th edition of this acclaimed text includes all new content on quantum biology and biofields in health and nursing, integrative mental health care, and homeopathic medicine. Its wide range of topics explores therapies most commonly seen in the U.S., such as energy medicine, mind-body therapies, and reflexology along with traditional medicine and practices from around the world. With detailed coverage of historic and contemporary applications, this text is a solid resource for all practitioners in the medical, health, and science fields! Coverage of CAI therapies and systems includes those most commonly encountered or growing in popularity, so you can carefully evaluate each treatment. An evidence-based approach focuses on treatments best sup-

ported by clinical trials and scientific evidence. Observations from mechanisms of action to evidence of clinical efficacy answers questions of how, why, and when CAM therapies work. A unique synthesis of information, including historical usage, cultural and social analysis, current basic science theory and research, and a wide range of clinical investigations and observations, makes this text a focused, authoritative resource. Global coverage includes discussions of traditional healing arts from Europe, Asia, Africa, and the Americas. Clinical guides for selecting therapies, and new advances for matching the appropriate therapy to the individual patient, enables you to offer and/or recommend individualized patient care. Expert contributors include well-known writers such as Kevin Ergil, Patch Adams, Joseph Pizzorno, and Marc Micozzi. A unique history of CAI traces CAM therapies from their beginnings to present day practices. Suggested readings and references on the companion website list the best resources for further research and study. NEW! Added chapters offer fresh perspective on quantum biology and biofields in health and nursing, integrative mental health care, and homeopathic medicine. NEW! Updated chapters feature new content and topics, including: challenges in integrative medicine, legal issues, CAI in the community, psychometric evaluation, placebo effect, stress management, and much more! NEW! Updated guides on common herbal remedies in clinical practice, East and Southeast Asia, and native North and South America deliver the latest information. NEW! Basic science content and new theory and research studies cover a wide range of sciences such as biophysics, biology and ecology, ethnomedicine, psychometrics, neurosciences, and systems theory. NEW! Expanded global ethnomedical systems includes new content on Shamanism and Neo-Shamanism, Central and North Asia, Southeast Asia, Nepal and Tibet, Hawaii and South Pacific, Alaska and Pacific Northwest, and contemporary global healthcare.

This book examines how complementary and alternative medicine (CAM) - as knowledge, philosophy and practice - is constituted by, and transformed through, broader social developments. Shifting the sociological focus away from CAM as a stable entity that elicits perceptions and experiences, chapters explore the forms that CAM takes in different settings, how global social transformations elicit varieties of CAM, and how CAM philosophies and practices are co-produced in the context of social change. Through engagement with frameworks from Science and Technology Studies (STS), CAM is reconceptualised as a set of practices and knowledge-making processes, and opened up to new forms of analysis. Part 1 of the book explores how and why boundaries within CAM and between CAM and other health practices, are being constructed, challenged and changed. Part 2 asks how CAM as material practice is shaped by politics and regulation in a range of national settings. Part 3 examines how evidence is being produced and used in CAM research and practice. Including studies of CAM in Eastern and Western Europe, Asia, and North and South America, the volume will appeal to postgraduate students, researchers and health practitioners.

Complementary and Alternative Medicine is a comprehensive introduction to the most commonly used complementary disciplines, covering theory, practical aspects, safety and current scientific thinking. The book is divided into four parts:* general aspects of complementary and alternative medicine * therapies involving the use of medicines, with guidance as to how they may be integrated into practice * traditional medicine * other complementary therapies and diagnostic procedures. This second edition has been updated and expanded. It has three important new chapters covering integrative medicine, pharmacovigilance and complementary and alternative medicine in the United States. Written for healthcare professionals, students, pharmacists and patients interested in this discipline, this book provides an excellent guide to complementary and alternative medicine. Steven Kayne is Honorary Consultant Pharmacist, Glasgow Homeopathic Hospital and Honorary Lecturer, University of Strathclyde School of Pharmacy, UK.

The best evidence-based guide to complementary and alternative medicine (CAM) for practicing physicians! This new resource provides the comprehensive guidance on CAM therapies physicians need to responsibly counsel their patients and integrate these techniques into their own practices. Features:

Complementary and Alternative Medicine is a sociological investigation of complementary and alternative medicine (CAM) in contemporary society, and an exploration of the forces throughout the globe, across different institutions, and within different therapeutic spaces, that constrain or foster alternative medicine. Drawing on 30 years of research, the book identifies the trends in the use of CAM and explores the scientific, political and social challenges that CAM faces in relation to orthodox medicine. The author examines the varieties of CAM practices and how they manifest in different institutional spaces - including public inquiries, the orthodox medical practitioner's consulting room, medical journals and the homes of those who use CAM. It also compares unorthodox prac-

tices in different geo-political settings, namely the global north and the global south. This book is valuable reading for higher-level undergraduate and postgraduate social science students, including those in psychology, sociology, anthropology, health sciences and related disciplines. It is relevant for courses in medical sociology, medical anthropology and social science and health, and a broader audience interested in contemporary health issues, controversies and alternative medicine.

Gain a better understanding of the complex issues that will decide the future of health care! This is the first book of its kind in the rapidly growing field of complementary and alternative medicine. It addresses quality-of-care concerns and also focuses on the goals of many practitioners: to secure a firm place for their practice in health care systems and to establish levels of integration. *Professionalism and Ethics in Complementary and Alternative Medicine* is a unique textbook, but is also an essential resource for practitioners of complementary, alternative, and conventional medicine as well as the general public. This volume is divided into three parts. The first looks at a range of current concerns over complementary and alternative medicine, many of which raise ethical issues relating to quality of care. The next section, focusing on professionalism, indicates how practitioners must respond to the public's concerns, especially in light of the public's rising expectations of standards of care among all practitioners. The third part is comprised of case histories plus commentaries suitable for private study or classroom discussion. In this valuable book you will find: an examination of current issues in complementary/alternative medicine and bioethics explorations of other approaches to ethical dilemmas including "bottom-up" ethics such as consequentialism and social utilitarianism plus feminist ethics, virtue ethics, and more informed discussion of public expectations of professional roles and responsibilities case histories that illustrate ethical issues explanations of the Hippocratic Oath and complementary and alternative medicine codes an examination of the power structure within health care systems and much, much more! Growing from a course on ethics and law at the Homeopathic College of Canada in Toronto, *Professionalism and Ethics in Complementary and Alternative Medicine* will benefit everyone who is concerned with quality care and integrated medicine.

The widespread use of nonconventional treatments, or complementary and alternative medicine (CAM), and the increasing evidence supporting their therapeutic benefits call for a concerted scientific effort to integrate treatments that work into mainstream medicines. Answering that call is the groundbreaking *Complementary and Alternative Treatments in Mental Health Care*, a concise, practical reference that reviews the many CAM approaches used in North America and Europe to treat - or self-treat -- mental health problems, and the history and rationale for a variety of CAM treatments, including the risks and benefits of their integration into mainstream mental health care. Two dozen contributors with both conventional and nonconventional expertise present current information about safe, effective mental health treatments -- including herbals and other natural products, stress management, homeopathy, Ayurveda, and traditional Chinese medicine -- that have not yet been fully examined or endorsed by the institutions of conventional biomedicine. This book: Covers background issues, including conceptual and historical foundations, emerging ideas and trends, safety issues, potential drug interactions and adverse effects, and medical-legal issues pertaining to use of nonconventional treatments in mental health care. Reviews the evidence and offers practical clinical guidelines for the most widely used nonconventional treatments. Twelve chapters cover specific nonconventional modalities or alternative professional systems of medicine currently used to treat mental illness, addressing historical uses of the specified modality, significant recent research findings, unresolved safety issues, and evidence supporting use of the specified approach in common psychiatric disorders, from major depressive and bipolar disorder, schizophrenia, and generalized anxiety disorder to obsessive-compulsive disorder, dementia, and sleep and substance abuse disorders. Practical clinical applications of complementary and alternative approaches are discussed throughout the book. Closes with three appendixes and a subject and author index. Appendix A ranks evidence for the various treatment modalities by major psychiatric disorder and is cross-referenced with the material in Part II. Appendix B lists important Web sites, textbooks, professional associations, and other resources. Appendix C contains a glossary of key terms used in complementary and alternative medicine. Written for both conventionally and nonconventionally trained mental health care professionals, *Complementary and Alternative Treatments in Mental Health Care* provides both an ideal reference for clinicians whose patients inquire about the uses of many CAM therapies and a critical, balanced review of the nonconventional modalities most widely used in Western countries to treat mental or emotional problems.

At the center of the debate over complementary and alternative medicine--from acupuncture and

chiropractic treatments to homeopathy and nutritional supplements—is how to scientifically measure the effectiveness of a particular treatment. Fourteen scholars from the fields of medicine, philosophy, sociology, and cultural and folklore studies examine that debate, and the clash between growing public support and the often hostile stance of clinicians and medical researchers. Proponents and critics have different methodologies and standards of evidence—raising the question of how much pluralism is acceptable in a medical context—particularly in light of differing worldviews and the struggle to define medicine in the modern world. The contributors address both the methodological problems of assessment and the conflicting cultural perspectives at work in a patient's choice of treatment. Sympathetic to CAM, the contributors nonetheless offer careful critiques of its claims, and suggest a variety of ways it can be taken seriously, yet subject to careful scrutiny.

Based on 27 interviews with leading experts in complementary and alternative medicine (CAM), *Conversations in Complementary and Alternative Medicine* offers valuable insights and advice on a variety of CAM modalities, including acupuncture, chiropractic, massage therapy, and herbal medicine. Each contributor identifies and answers the most commonly asked questions in their particular CAM specialty, including questions on practice, education, and research issues, and provides readers with important tools for identifying evidence-based practice that can form research questions for future CAM studies. *Conversations in Complementary and Alternative Medicine* is an essential resource for anyone contemplating a career in CAM or already working in the field.

Four out of ten patients visited a complementary and alternative medicine (CAM) practitioner last year—Your Patients! *Essentials of Complementary and Alternative Medicine* provides you with the information you need to understand this phenomenon. This practical source brings together today's leading CAM researchers and practitioners to offer the reader insights into the social and scientific foundations of CAM, the safety and efficacy of CAM products and practices, and overviews of 20 commonly used CAM modalities. *Essentials of Complementary and Alternative Medicine* helps you inform, educate, and treat patients who are interested in or currently using CAM.

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The major objective of this book is to review in detail health problems occurring with significant frequency in aging adults which are proposed to be treated or ameliorated using nutraceuticals as foods and dietary supplements as well as other complementary and alternative therapies. Chapters primarily focusing on nutrients have been excluded to maintain a focus on complementary and alternative medicine (CAM). The book is divided into three general sections: 1. Nutraceuticals and Botanicals in Health Promotion - including Specific Nutraceuticals Used in Treating Aged; and General Nutraceutical Approaches to Therapy with emphasis on cancer. 2. Non-nutritional CAM Therapies - including Mind-mediated Therapies; and Physically Applied CAM Therapies 3. Non-dietary Complementary and Alternative Medicine (CAM) Use and Benefits to the Elderly in Health Identifies the important nutritional requirements of the aging population, and how nutraceuticals and other CAM options affect those Addresses the many disease entities and cancers are found with higher frequency in the aged, including cancer, trauma, or infectious disease that can alter intakes of nutraceutical containing foods and/or requirements for various nutrients. Explores the nutritional materials botanical extracts and components that can have important health promotion benefits and risks, to ensure safe consumption Reviews the frequently used non-traditional and often unproven CAM therapies, beyond nutritional and nutraceutical supplements, including a variety of physical and psychosocial treatments.

Cancer is a common disease with a devastating impact on the physical and psychological well being of patients. The diagnosis of cancer brings upon many clinical challenges and questions for which clear and simple answers are not always provided by modern medicine. To date, only limited therapeutic options are available for patients with advanced cancer. The recent shift toward targeted therapies has improved substantially patient's survival, however, relapses are frequent and cure remains rare. This led patients and many health care managers to shift attention to the holistic approach of traditional medicine particularly preparations from herbal products to manage and alleviate the disease. Typically, herbal preparations contain single or multiple plant ingredients, including a number of potential active components. Yet, they remain classified as food supplements and thus are exempt from regulations on quality control and proof of efficacy that govern standard pharmaceuticals. Clinical evidence for many preparations is often based on non-documented or anecdotal evidence. In consequence, several preparations with unproven efficacy are circulating in the market with the fear of interference with standard cancer therapies and/or severe toxicity that some can generate, in addition to the unjustified economical burden to patients. Despite inconsistent and conflicting clinical results single molecules have been isolated from herbal preparations

and many are exploited to develop potential novel agents. This has fostered the need to organize a set of timely, in-depth and up-to-date review covering the latest developments in alternative cancer management from a scientific and clinical perspective dedicated to the medical community and health care providers, as well as to patients and their families. This book brings the latest comprehensive cancer information and practical recommendations on the best documented practice of alternative therapies for cancer management put together by recognized experts in the fields of medical oncology, traditional medicine, and cancer pharmacology. It goes hand-in-hand with the patient's medical treatment options, quality of life issues, and more. The book is organized into four major sections: The first is an overview of the cancer syndrome by renowned medical oncologists from the USA and Europe. The second is a comprehensive description of traditional medicine by renowned experts from China and Germany. The third is an overview on the pharmacological impact of herb-based formulations on standard chemotherapy agents used in clinical practice. The fourth is a survey of cases reports from several hospitals with approved practice of alternative medicine. The book will feature simple definitions and essential information grouped in both medical and lay-term terminology, and straightforward illustrations related to human physiology, disease definition, scientific data on know and potential mechanisms of action, and preventive approaches. Finally, the book will feature collaboration of experts from China, India, USA, Canada, Germany, France, and other centres with recognized expertise in alternative/traditional medicine. This international cooperation is crucial to cover the complex topic of alternative therapies for cancer.

The popularity of complementary and alternative medicine (CAM) has risen sharply in the last decade. This consumer driven movement affects all specialities of conventional medicine and can influence the decision-making process and practice of primary care physicians. It is critical for today's medical professionals to be familiar with the potential benefits, adverse effects, and interactions of different CAM therapies. *Textbook of Complementary and Alternative Medicine* presents a sound academic understanding of the healing therapies, approaches, and systems of CAM. The editors take a two-pronged approach to the subject. They discuss the underlying principles and their relevance to conventional medicine and provide in-depth information on specific therapies for common medical conditions. The book focuses on the CAM therapies most often used and therefore, most likely to effect a physician's practice. There are a number of CAM books available. However, most of authors of these books are CAM practitioners, neuropathic physicians, or both. This book is unique in that the contributors are academic physicians and other mainstream professionals. Thoroughly referenced, *Textbook of Complementary and Alternative Medicine* is a science-based guide to the wide range of herbal and other CAM therapies and to understanding their application to human health and their interaction with conventional medicine.

Learn to identify Internet-based complementary/alternative medicine resources you can trust! This well-organized book takes a commonsense approach to getting the most out of the Internet when it comes to finding reliable information on complementary and alternative medicine. Author Lillian Brazin teaches classes on finding and evaluating health information on the Internet. In this book, she shares her years of experience in using and evaluating medical Internet sites to teach you to spot authoritative resources and avoid misinformation, sales pitches, and out-and-out quackery. In addition to showing you where to find the information you need, this book stresses the importance (the how and why) of working closely with your physician to get the best results from your complementary/alternative medical experience. More than 20 "screen shot" illustrations give you a preview of what to look for on various sites! The *Guide to Complementary and Alternative Medicine* on the Internet will show you how to separate the wheat from the chaff when confronted with hundreds of Web sites purporting to provide reliable information. This jargon-free book addresses vital questions, such as: How can I be certain that the information I find is correct? How can I locate a Web site that was recommended to me? How do I start out to research a particular health problem? What do Internet terms like .com, .edu, .gov, listservs, :, BTW, LOL, flames, "netiquette," etc. mean? This book will also help you understand controversial "hot topics" that include: the Pilates exercise method that Jacqueline Kennedy Onassis helped popularize in the 1960s is trendy again, with Pilates studios in most major cities supermarket supplements, such as St. John's wort, ginkgo biloba, and vitamins A-Z: how can I find out which, if any of them, are for me? the validity of celebrity endorsements for supplements and alternative therapies While providing you with the skills to find the information you seek, this book reflects the author's cautious perspective. The Internet can be frightening and overwhelming because there is so much information to sift through, digest, and evaluate. The *Guide to Complementary and Alternative Medicine* on the Internet (first

in the new Internet Guides to Consumer Health Care series from The Haworth Information Press) will help you identify Internet resources for complementary and alternative medicine that you can trust.

Integration of complementary and alternative medicine therapies (CAM) with conventional medicine is occurring in hospitals and physicians offices, health maintenance organizations (HMOs) are covering CAM therapies, insurance coverage for CAM is increasing, and integrative medicine centers and clinics are being established, many with close ties to medical schools and teaching hospitals. In determining what care to provide, the goal should be comprehensive care that uses the best scientific evidence available regarding benefits and harm, encourages a focus on healing, recognizes the importance of compassion and caring, emphasizes the centrality of relationship-based care, encourages patients to share in decision making about therapeutic options, and promotes choices in care that can include complementary therapies where appropriate. Numerous approaches to delivering integrative medicine have evolved. Complementary and Alternative Medicine in the United States identifies an urgent need for health systems research that focuses on identifying the elements of these models, the outcomes of care delivered in these models, and whether these models are cost-effective when compared to conventional practice settings. It outlines areas of research in convention and CAM therapies, ways of integrating these therapies, development of curriculum that provides further education to health professionals, and an amendment of the Dietary Supplement Health and Education Act to improve quality, accurate labeling, research into use of supplements, incentives for privately funded research into their efficacy, and consumer protection against all potential hazards.

The rapid growth of Complementary and Alternative Medicine (CAM) demands that the public, the medical world, social scientists, the media, and governments pay attention. People are questioning the limits of what modern medicine can accomplish and seeking additional ways to manage their health. While many are enthusiastically adopting complementary and alternative forms of medicine, others are more sceptical. Physicians' attitudes are in transition, and governments are pondering where this increasingly important phenomenon fits into the health care system. The challenge is to keep pace with the changing ways that people view health and illness, take responsibility for themselves, and incorporate CAM into their health care. This text brings together for the first time a wide range of leading North American and European social scientists to identify who uses CAM, why they use it, and how they find out about it. Presenting research from psychology, sociology, anthropology and public health, they alert us to the current context of CAM use and provide new models and techniques for understanding its future place in health care.

The first edition of *Alternative Medicine and Multiple Sclerosis* quickly became the single source for accurate and unbiased information on a wide range of complementary and alternative medicine (CAM) approaches that can aid both in the management of multiple sclerosis symptoms and in promoting general health and wellness. The second edition of this authoritative book continues to offer reliable information on the relevance, safety, and effectiveness of various alternative therapies. *Complementary and Alternative Medicine and Multiple Sclerosis, 2nd Edition* is completely updated throughout, and reflects the advances in the field since the first edition's publication in 2001. There is a new chapter on low-dose Naltrexone and a pivotal section on integrating conventional and alternative medicines. Therapies are organized alphabetically so that readers can readily pinpoint a specific treatment and learn about its origins, merits, and possible uses in MS. They will find in-depth discussions on topics that include acupuncture, biofeedback, chiropractic medicine, cooling therapy, yoga, diets and fatty acid supplements, the use of herbs, vitamins and minerals, and much more. With this book, readers will be able to: Find other options that may provide symptomatic relief when conventional therapies are limited. Learn about potentially dangerous interactions between CAM therapies and medical treatments used in the management of MS Identify CAM therapies that are effective, low risk, and inexpensive Recognize ineffective, dangerous, or costly alternative therapies

Complementary, Alternative, and Integrative Health: A Multicultural Perspective provides a critical analysis of non-allopathic healing practices, including their uses, limitations, and scientific basis. The evidence-based discussion explores complementary, alternative, and integrative health (CAIH) across various cultural and ethnic groups both in the U.S. and internationally, to give you a greater understanding of the different modalities—including a literature-backed examination of proven methods and questionable practices within a cross-cultural framework. Each chapter highlights the scientific analysis of the practices relevant to each group, and guides you toward independent analysis of the risks and benefits of the practices discussed. Emphasizing the student as a future health

professional, this book includes case studies, examples, questions, and discussion problems that underscore the role of health educators in educating consumers about CAIH practices.

The use of complementary and alternative medicine (CAM) by the general public is increasing and CAM is becoming more relevant to mainstream health-care professionals. This essential desk reference provides concise evidence-based information on 64 popular forms of complementary and alternative medicine, and 38 common conditions frequently treated with CAM and includes a searchable CD-ROM.

How do alternative medical practices like yoga, meditation, or massage affect our health? Mental health practitioners can expect as many as four in 10 of their clients to use complementary and alternative medicine (CAM) to supplement conventional psychotherapy. This book arms therapists with the information they need to provide advice on the safety and effectiveness of CAM therapies and describes a broad array of approaches that may benefit clients. These include mind-body therapies, such as biofeedback, meditation, hypnosis, yoga, and spirituality; biologically based practices, including dietary supplements and aroma therapy; manipulative and body-based therapies, including chiropractic care, massage, and movement therapy; energy medicine, such as Reiki; and the whole medical systems of traditional Chinese medicine and Ayurveda. Each chapter focuses on the underlying science to describe how the approach works; relevant research, contraindications, and risks; and how to integrate the approach with psychological practice. Book jacket.

Focusing on emerging therapies and those best supported by clinical trials and scientific evidence, *Fundamentals of Complementary and Alternative Medicine* describes some of the most prevalent and the fastest-growing CAM therapies in use today. Prominent author Dr. Marc Micozzi provides a complete overview of CAM, creating a solid foundation and context for therapies in current prac-

tice. Coverage of systems and therapies includes mind, body, and spirit; traditional Western healing; and traditional ethnomedical systems from around the world. Discussions include homeopathy, massage and manual therapies, chiropractic, a revised chapter on osteopathy, herbal medicine, aromatherapy, naturopathic medicine, and nutrition and hydration. With its wide range of topics, this is the ideal CAM reference for both students and practitioners! An evidence-based approach focuses on treatments best supported by clinical trials and scientific evidence. Coverage of CAM therapies and systems includes those most commonly encountered or growing in popularity, so you carefully evaluate each treatment. Global coverage includes discussions of traditional healing arts from Europe, Asia, Africa, and the Americas. Longevity in the market makes this a classic, trusted text. Expert contributors include well-known writers such as Kevin Ergil, Patch Adams, Joseph Pizzorno, Victor Sierpina, and Marc Micozzi himself. Suggested readings and references in each chapter list the best resources for further research and study. New, expanded organization covers the foundations of CAM, traditional Western healing, and traditional ethnomedical systems from Asia, Africa, and the Americas, putting CAM in perspective and making it easier to understand CAM origins and contexts. NEW content includes legal and operational issues in integrative medicine, creative and expressive arts therapies, ecological pharmacology, hydration, mind-body thought and practice in America, osteopathy, reflexology, South American healing, traditional medicines of India, and Unani medicine. Revised and updated chapters include aromatherapy, classical acupuncture, energy medicine, biophysical devices (electricity, light, and magnetism), massage and touch therapies, traditional osteopathy, reflexology, vitalism, and yoga. New research studies explain how and why CAM therapies work, and also demonstrate that they do work, in areas such as acupuncture, energy healing, and mind-body therapies. Expanded content on basic sci-

ences includes biophysics, ecology, ethnomedicine, neurobiology, and pschoneuroimmunology, providing the scientific background needed to learn and practice CAM and integrative medicine. Expanded coverage of nutrition and hydration includes practical information on Vitamin D and healthy hydration with fluid and electrolytes.

This breakthrough guide offers social workers and community practitioners a bold new approach to complementary medicine—working with resources in the community instead of relying solely on integrating with traditional healthcare systems. Its framework is organized to expand community health services, with emphasis on locally-based social workers, nurses, and other trained community practitioners providing mind/body therapies, self-care coaching, and general wellness programs, as well as modality-based approaches. A wide array of healing modalities is featured, including yoga, meditation/mindfulness, hypnosis, biofeedback, qi gong, acupuncture, ayurveda and curanderismo with robust data and evidence for the merits of each. This model carries abundant opportunities for meshing complementary approaches with mainstream healthcare and extending continuity of care into the community for local clinicians to engage with individual clients, groups, and community resources. Included in the coverage: Social, cultural and economic factors, folk medicines, and home remedies. Scientific foundations of community consciousness. Agriculture, food, diet, nutrition, and hydration. Mindfulness interventions as community and in community. Consciousness-based community health and education Challenges for integration of CAM in the community. The innovative strategy set out in *Complementary, Alternative, and Integrative Medicine in the Community* gives social workers, psychotherapists and counselors, complementary and alternative medicine professionals, public health professionals, and health psychologists a palette of innovative ideas and effective approaches as diverse and exciting as the communities they serve.