

PREScribed  
DRUGS  
AND THE  
*Alternative*  
PRACTITIONER

*The Essential Guide*

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# Prescribed Drugs The Alternative Practitioner The Essential Guide

**Marco Cascella**



## **Prescribed Drugs The Alternative Practitioner The Essential Guide:**

The Complementary and Alternative Medicine Information Source Book Alan Rees, 2001-03-30 From acupuncture to yoga the increasing popularity of unconventional medical therapies has risen sharply during the past decade Consumers are turning to complementary and alternative medicine CAM for a variety of reasons and are spending billions annually for treatments Recognizing the growing need to locate authoritative CAM information award winning author Alan M Rees has compiled a first stop resource for those seeking information to guide their decisions Noted health information expert Alan Rees organizes the best of complementary and alternative medicine CAM information resources in this new guide for librarians and patients The book is divided into twelve sections beginning with an overview of CAM terminology safety concerns ongoing research and education and the movement towards integrative medicine Best of lists of books magazines newsletters CD ROMs and professional publications are augmented with contact information for several hundred CAM associations and professional groups an extensive section on the Internet as a source of CAM related information and reviews of 355 popular books on CAM Librarians will use the Source Book as a collection development tool Consumers and students will find it an easy to use guide for locating hard to find resources about the latest in alternative medical therapies and treatments This unique volume brings together in one volume print and electronic resources pertaining to an in demand topic provides recommendations of authoritative sources of current information on a wide variety of unconventional medical therapies will fill the information gap in the rapidly growing field of CAM

**The Essential Guide to Generic Drugs** M. Laurence Lieberman, 1986

**Aspirin Alternatives** Raymond Lonbardi, 1999 This book discusses analgesics and natural approaches to pain Ibuprofen and acetaminophen are used for pain relief and to reduce fever and inflammation but like all drugs there is a risk of side effects and interactions There are a number of natural alternatives which are equally effective and in many cases may be preferable because they may help treat the underlying problem rather than simply treating a symptom

**The Essential Guide to Prescription Drugs** James W. Long, 1994

Complementary Medicine Index, 1993

New York Magazine, 1991-11-25 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea

**Holistic Mental Health- Revised** Dave Disano, 2009-07 Holistic Mental Health Revised is a concise guide that compares traditional western medicine or allopathic medicine to alternative or holistic treatments for mental disorders A new section on Spiritual Healing attempts to begin to explain the unexplainable HMH R will add clarity to the often confusing and misleading information the media and physicians promote when discussing alternative therapies such as herbs nutritional interventions and supplements HMH R answers the questions of which treatment is more harmful and

which is more beneficial traditional or alternative It gives specific recommendations using treatments other than prescription medications and backs the suggestions with current research HMH R is the most thorough guide to date comparing all the available treatment options for mental disorders and illness Anyone affected by or has a family member with Alzheimer s anxiety stress depression ADHD chronic headaches or migraines bipolar disorder or schizophrenia needs to read Holistic Mental Health Revised *The Gale Encyclopedia of Alternative Medicine* Kristine M. Krapp, Jacqueline L. Longe, 2001 Authoritative objective and in tune with the subjects that matter to students and researchers the Gale Group presents The Gale Encyclopedia of Alternative Medicine unbiased information on alternative and complementary medical practices Covering all aspects of the subject therapies conditions diseases herbs plants and people the Encyclopedia identifies 40 types of alternative medicine being practiced today including Accupressure acupuncture Ayurveda Biofeedback Chelation therapy Chinese medicine Chiropractic Detoxification Feldenkrais Kinesiology Naturopathy Osteopathy Polarity therapy Yoga And many others For the practitioner or interested patient there are current training requirements listings of organizations as well as descriptions of treatments Information on recommended therapies for specific disorders and diseases medicinal uses for plants and herbs are balanced by conclusions of studies on efficacy and analysis of current levels of acceptance by traditional scientists and doctors Biographies of pioneers in the field including Deepak Chopra Edward Bach and David Palmer appear as sidebars through the text Included are 50 sidebars Each volume contains a color photo insert containing images of herbs Includes more than 275 disease condition entries 300 herb remedy entries and 150 therapies **The Consumer Health Information Source Book** Alan M. Rees, 1998 How can an award winning source book that helps consumers find health information be improved Health expert Alan Rees has done just that in his sixth edition by providing practical advice on using the Internet tips on where to find Spanish language health pamphlets and recommendations on what s most important in the world of alternative medicine The sixth edition provides users with an annotated guide to health related resources hotlines newsletters pamphlets Web sites CD ROMS magazines books and more Readers are given a description on each resource and how to best use it **Botanical Medicine for Women's Health E-Book** Aviva Romm, 2017-01-25 Use herbal medicines to treat women at any stage of life Botanical Medicine for Women s Health 2nd Edition provides an evidence based patient centered approach to botanical interventions for many different medical conditions More than 150 natural products are covered showing their benefits in gynecologic health fertility and childbearing and menopausal health This edition includes new full color photos of herbal plants along with a discussion of the role of botanicals in healthy aging Written by Aviva Romm an experienced herbalist midwife and physician this unique guide is an essential resource for everyday practice of herbal medicine Winner of the 2010 American Botanical Council s James A Duke Excellence in Botanical Literature Award Current evidence based information covers more than 150 botanicals for over 35 different conditions Case studies provide realistic scenarios and help you apply the content to the real world Treatment and

formula boxes summarize the most important information Color illustrations and photographs of plants enable you to identify herbs visually as well as by substance make up Logical chapter organization begins with the principles of herbal medicine and then covers women s health conditions organized chronologically by lifecycle from teen and reproductive years to midlife and mature years Appendices include practical at a glance information on common botanical names chemical constituents of medicinal plants and a summary table of herbs for women s health NEW Updates reflect the latest research and the most current information NEW Full color design and detailed professional color photos of plants make this a unique essential resource NEW Coverage of the role of botanicals in healthy aging for women features phytoestrogens Ayurvedic Chinese herbs and discussions of health promotion

**Essential Guide to Natural Home Remedies** Penelope Ody,2002 *The Voyager's Handbook : The Essential Guide to Blue Water Cruising* Beth Leonard,2006-11-16 Belongs in the bookshelf of every cruising vessel Blue Water Sailing If you are serious about that extended voyage read The Voyager s Handbook Sailing Every now and then a new voice emerges in the world of sailing literature that stands out a voice that is both clear and of lasting quality The appearance of such a new voice is something of an event and that s what we d call the publication of The Voyager s Handbook Blue Water Sailing This inspirational and comprehensive manual leads you step by step through every aspect of choosing planning and following the voyager s life Using three example boats representing three cruising lifestyles Simplicity Moderation and Highlife Beth Leonard helps make your bluewater dreams come true whether you re sailing on a shoestring or a CEO s pension Starting with the things you can t do without an enthusiastic crew a seaworthy boat and of course money Leonard offers sage advice on how to select crewmembers who are truly committed to the voyage how to choose the right boat for you and how to find just the right approach to financing your voyage and making the most of every dollar spent Managing life from a floating home and keeping that home livable seaworthy and safe requires you to become among other things the ship s purser engineer doctor cook and cruise director You ll discover how to prepare for these new roles and put necessary equipment and arrangements in place before you untie your docklines This exquisitely detailed guide also helps you master the skills you ll need to handle a boat at sea with a small crew including Weather forecasting Passage planning Watchkeeping Heavy weather sailing Emergency management Midocean repairs Complete with dozens of easy to use graphs and tables for quick reference along with the hard won wisdom of experienced cruisers The Voyager s Handbook is the ultimate resource for anyone who is planning preparing for or just dreaming about a great adventure on the high seas

**The Patient's Desk Reference** Melvyn N. Freed,Karen J. Graves,1994 Reference guide to sources that provide answers to medical questions including information on health organizations publications and state and federal agencies

Prescription Alternatives Earl Mindell,Virginia Hopkins,2003 Reveals how prescription drugs cause imbalances in the body and how to assess the ways in which your medications may be affecting your health This book also reveals the natural medicines that can counteract the side effects of various drugs The Alternative Health & Medicine Encyclopedia James

Marti,Andrea Hine,1998 The second edition of the popular Alternative Health Medicine Encyclopedia provides newly updated clinical information on how to maintain health and well being In accessible language health and nutrition expert James Marti describes various alternative medicines that treat the whole person mind and body rather than just the symptoms Charts graphs     *The Twin Cities Green Guide* ,2001     Waterstone's Guide to Books ,1989     **Forthcoming Books** Rose Arny,2003-04     **The Gale Encyclopedia of Medicine** Donna Olendorf,Christine Jeryan,Karen Boyden,1999 Contains articles that provide medical information about a wide variety of common diseases disorders tests and treatments arranged alphabetically from N to S and includes cross references definitions of terms and lists of resources     The Library Journal ,2000 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately

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