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Alternative Medicine for the Elderly P. Cherniack, N. Cherniack, 2013-04-18 The explosion of information about complementary and alternative medicine CAM has demanded the attention of health professionals and responsible consumers including the elderly Increasingly medical schools are providing education about CAM This book brings together for academicians and interested mainstream practitioners much of the current information on CAM and its role in the health of the elderly The individual chapters are thoroughly researched and quite readable even for patients and the lay public concerned with the state of the evidence and art supporting CAM's role in prevention and management of illness and well being This book provides educators with much necessary information needed to prepare coursework and learning activities Although definitive data are lacking regarding efficacy and even safety of CAM methodologies many chapters in this book summarize the existing evidence in a usable way The topics analyzed range from well accepted therapies such as vitamin E for dementia and zinc tablets for the common cold to far less conventional therapies such as transcendental meditation The conclusions are often surprising but well presented and defended Even the most highly controversial areas such as the use of acupuncture to treat low back pain and osteoarthritis of the knee are thoroughly and fairly reviewed Finally the chapters address some of the political issues that challenge CAM These issues include who should be allowed to practice a CAM discipline whose efficacy is not based on the scientific method and some of the state to state variations in practice standards and licensure

Natural Progesterone Woodland Publishing, 1999 Countless women suffer from disorders related to menopause Most of these including calcium loss depression mood problems loss of sex drive hot flashes and many others are related to hormone depletion Research shows that wild yam *Dioscorea villosa* can be an effective way to enhance the body's progesterone and other hormone levels thereby promoting a feeling of well being **Women's Encyclopedia of Natural Medicine** Tori Hudson, 1999 Many women are looking to combine complementary and conventional medicine into a discipline called integrated medicine and this encyclopaedia provides in depth coverage of the whole range of women's health concerns using therapies such as vitamin supplementation herbs diet and exercise **Dhea: The Youth and Health Hormone** C. Norman Shealy, 1999-02 Discover its powerful antiaging properties **Controlling Hormones**

Naturally Melinda Bonk,1996 *Menopause - Normally and Naturally* Zoltan Rona,2002 In clear and simple terms Dr Rona shares with readers the truth about hormone replacement therapy Learn about the adrenal gland connection the side effects of hormone replacement therapy a diet to relieve menopausal discomforts nutritional supplements herbal relief and more

Natural Pharmacist Joanne Marie Snow,2000 Every woman experiences menopause differently But did you know that there are natural remedies that may significantly reduce menopause related symptoms and help protect against the associated risks of cardiovascular disease and osteoporosis Inside you ll learn How black cohosh may reduce menopausal symptoms Which natural treatments may help reduce the risk of osteoporosis How kava may help menopause related anxiety And much more It s all here in simple straightforward language You ll find yourself turning to this helpful trusted companion again and again Keep up to date with The Natural PharmacistTM at www.tnp.com **Natural Therapies for Menopause** Nancy Beckham,2001-05-01 Practical positive advice for a drug free change of life As a growing number of women approach menopause the demand for safe natural methods to cope healthfully and gracefully is also growing Natural Therapies for Menopause addresses this need offering you up to date reliable information on hormonal changes helpful herbs bone strengthening diet and exercise supportive supplements and easy effective therapies for your menopause related emotional difficulties

Alternative Medicine, Second Edition Larry Trivieri,John W. Anderson,2013-03-27 The Bible of Alternative Medicine Learn the health secrets that millions of readers have discovered in the book that is revolutionizing health care in the United States Alternative Medicine The Definitive Guide is packed with lifesaving information and alternative treatments from 400 of the world s leading alternative physicians Our contributors M D s Ph D s Naturopaths Doctors of Oriental Medicine and Osteopaths offer the safest most affordable and most effective remedies for over 200 serious health conditions from cancer to obesity heart disease to PMS This guide is easy enough to understand to make it perfect for home reference while it would also make a fine resource for health care providers interested in learning more about alternative medicine 70% of Americans currently use some form of alternative medicine This 1 136 page encyclopedia puts all the schools of alternative medicine 50 different therapies under one roof Highlights dozens of actual patient stories and physician treatments

The Food Connection Sam Graci,2010-01-26 The Food Connection will show you How to balance your hormonal system to positively affect weight motivation sleep patterns and cognitive abilities How to jump start your health with the seven day World s Best Diet The 17 bioenergetic foods to eat daily How food affects your mood at breakfast lunch and dinner Why men and women must take different approaches to ensure their hormonal health How to assess your Biological Age and take quick steps to improve your health **The MEND Clinic Guide to Natural Medicine for Menopause and Beyond** Paula Maas,Paula Mass,Susan E. Brown,Nancy Bruning,1997 Combining the best of traditional medicine alternative therapies and the latest research Dr Paula Maas of the prestigious MEND Clinic offers women a new holistic approach to menopause and aging that can dramatically extend and enrich the postmenopausal years Included in this

groundbreaking new guide is Advice on reducing the risk of cardiovascular disease breast cancer osteoporosis and diabetes How to cope with the common conditions of menopause and aging with self care natural therapies An A Z guide to natural remedies Ways to replace dwindling hormones without using prescription hormones such as estrogen replacement therapy How to enjoy sexuality beyond menopause And much more The perfect complement to conventional care The Mend Clinic Guide to Natural Medicine for Menopause and Beyond invites us to rethink menopause and aging by distilling the facts from the myths and offering women an updated comprehensive approach to this special stage of life **ABC's of Hormones** Jack Challam,1999-04 Hormones are the magic bullets of anti ageing products But are they safe And how necessary and beneficial are they This investigation into a controversial topic explains the basics of hormones their risks and benefits and their appropriate and inappropriate uses **Dr. Earl Mindell's Secrets of Natural Health** Earl Mindell, Virginia Hopkins,2000

Touching on a wide variety of issues this book goes beyond the traditional and offers a comprehensive program that embraces areas such as natural pain relief anti aging nutrition weight loss without diet and homeopathic remedies **A Woman's Guide to Natural Hormones** Christine Conrad,2000 Do you own a home based business or plan to start one Can you invest ten minutes a day to guarantee the success of your business In the time it takes to read just one of the thirty essential truths about marketing your home business in this book you can find the key to prosperity Bringing Home the Business shows you how to increase your income and grow your business over time Kim T Gordon distills thirty fundamental principles to help you win and keep more customers or clients She includes the best ways to position your business build a winning company image market on the Web create better brochures direct mail and sales letters close more sales and live and work successfully under one roof Filled with money saving and income generating ideas used by home business owners in a wide range of ventures the book features field tested concepts that can be tailored to your individual needs Complete with insightful and illuminating real life stories it helps you separate fact from fiction debunking the misconceptions that can lead to business failure and providing the truths that will put you on the path to financial and personal satisfaction **The Complete Natural Medicine Guide to Breast Cancer** Sat Dharam Kaur,2003 Despite the risk of developing breast cancer many women still have a limited knowledge of its causes and prevention The Complete Natural Medicine Guide to Breast Cancer uses the most recent research studies and clinical evidence to explain the causes of breast cancer and techniques for its prevention Some of the topics covered are Comprehensive explanations for the causes of breast cancer hereditary hormonal environmental Identifiable environmental risks Self help detoxification programs diet plans and herbal recommendations Natural medicine strategies which complement conventional medical treatments and promote recovery Psychological support Protective factors are highlighted and valuable exercises and worksheets for breast care are included such as The Breast Health Balance Sheet an extensive questionnaire that helps to determine risk factors Written in an empathetic and accessible style The Complete Natural Medicine Guide to Breast Cancer is an excellent resource for women

seeking breast cancer information **Your Menotype, Your Menopause** Angela Stengler,Mark Stengler,2002 Combining a woman s perspective with a doctor s clinical experience in treating menopause the authors give all women the ability to take command of their lives during this time of transition

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