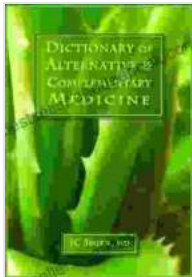


Dictionary of Alternative Medicine: A Comprehensive Guide to Natural Therapies



Dictionary of Alternative Medicine by Mosby

★★★★☆ 4.6 out of 5

Language : English
File size : 1912 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 407 pages
Lending : Enabled



The Dictionary of Alternative Medicine is a comprehensive guide to natural therapies, providing up-to-date information on the latest research, treatments, and therapies for a wide range of health conditions. With over 1,000 entries, the dictionary covers everything from acupuncture to yoga, including herbal medicine, nutrition, and mind-body therapies.

What is Alternative Medicine?

Alternative medicine refers to a broad range of health care practices that are not typically taught in medical schools or used in conventional hospitals. Alternative medicine therapies are often used in conjunction with conventional treatments, and they may include:

- Acupuncture
- Herbal medicine

- Massage therapy
- Yoga
- Meditation
- Chiropractic care
- Naturopathy
- Osteopathy

Alternative medicine therapies are often based on traditional healing practices from around the world. They are often less invasive and less expensive than conventional treatments, and they may have fewer side effects.

Why Use Alternative Medicine?

There are many reasons why people choose to use alternative medicine therapies. Some people use them to treat specific health conditions, while others use them to improve their overall health and well-being.

Some of the benefits of alternative medicine therapies include:

- They can be less invasive and less expensive than conventional treatments.
- They may have fewer side effects.
- They can be used to treat a wide range of health conditions.
- They can help to improve overall health and well-being.

How to Use the Dictionary of Alternative Medicine

The Dictionary of Alternative Medicine is a comprehensive resource for information on alternative medicine therapies. It can be used by patients, practitioners, and researchers alike.

To use the dictionary, simply look up the term you are interested in. The dictionary will provide you with a definition of the term, as well as information on its history, uses, benefits, and risks.

The Dictionary of Alternative Medicine is a valuable resource for anyone interested in alternative medicine. It provides comprehensive information on a wide range of alternative medicine therapies, and it can help you to make informed decisions about your health care.

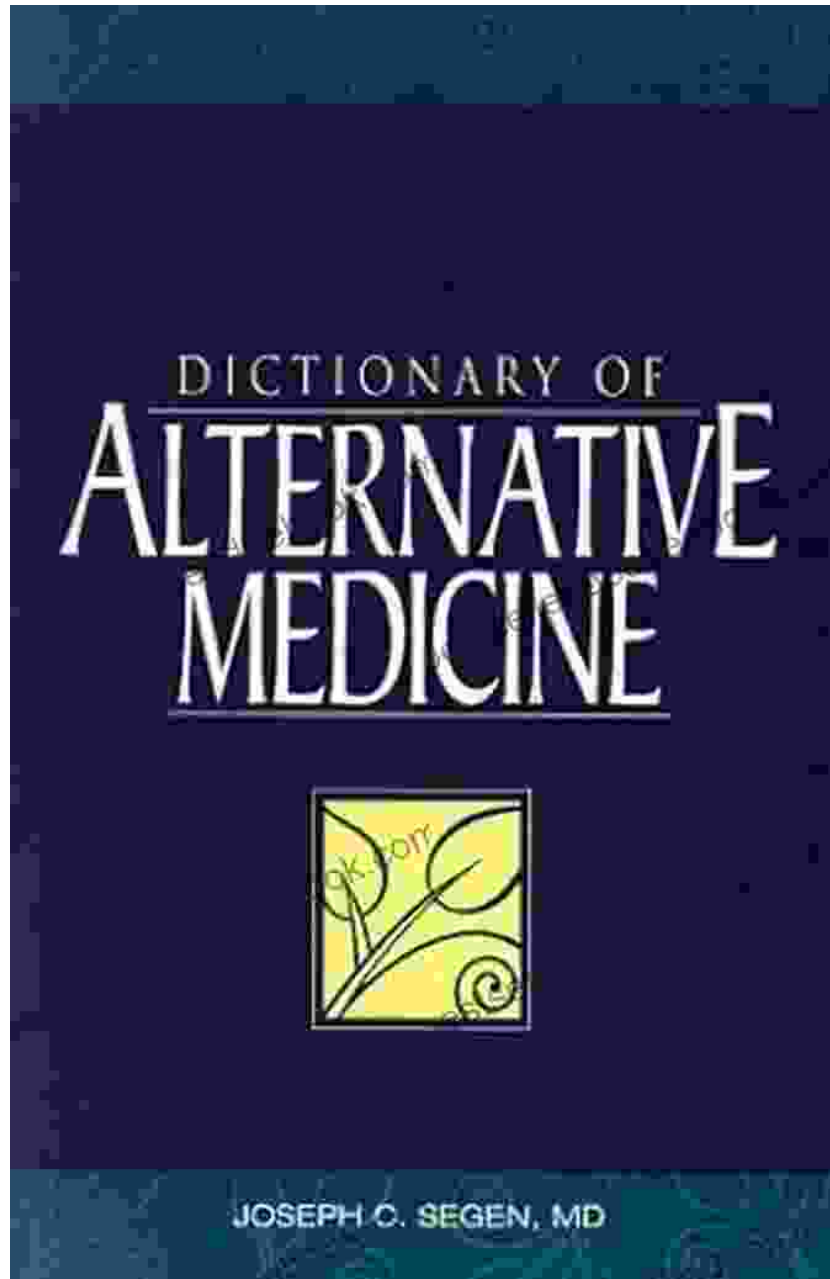


Image of the Dictionary of Alternative Medicine book.

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Chapter 1: to Alternative Medicine

This chapter provides an overview of alternative medicine, including its history, philosophy, and scope of practice. It also discusses the benefits and risks of alternative medicine therapies, and how to choose a qualified alternative medicine practitioner.

Chapter 2: Acupuncture

This chapter provides an in-depth look at acupuncture, including its history, theory, and clinical applications. It also discusses the research on acupuncture, and how it can be used to treat a wide range of health conditions.

Chapter 3: Herbal Medicine

This chapter provides a comprehensive overview of herbal medicine, including its history, pharmacology, and clinical applications. It also discusses the safety and efficacy of herbal medicines, and how to choose and use them safely.

Chapter 4: Massage Therapy

This chapter provides an in-depth look at massage therapy, including its history, different types of massage, and clinical applications. It also discusses the research on massage therapy, and how it can be used to treat a wide range of health conditions.

Chapter 5: Yoga

This chapter provides an overview of yoga, including its history, philosophy, and different styles of yoga. It also discusses the research on yoga, and how it can be used to improve physical and mental health.

Chapter 6: Meditation

This chapter provides an in-depth look at meditation, including its history, different types of meditation, and clinical applications. It also discusses the research on meditation, and how it can be used to reduce stress, improve mood, and promote overall well-being.

Chapter 7: Chiropractic Care

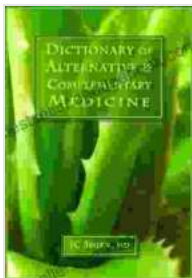
This chapter provides an overview of chiropractic care, including its history, philosophy, and clinical applications. It also discusses the research on chiropractic care, and how it can be used to treat a wide range of musculoskeletal conditions.

Chapter 8: Naturopathy

This chapter provides an overview of naturopathy, including its history, philosophy, and clinical applications. It also discusses the research on naturopathy, and how it can be used to treat a wide range of health conditions.

Chapter 9: Osteopathy

This chapter provides an overview of osteopathy, including its history, philosophy, and clinical applications. It also discusses the research



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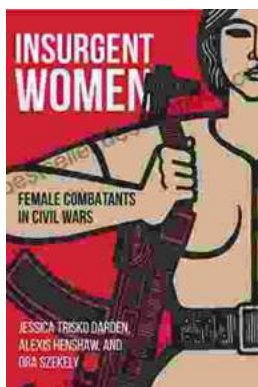
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