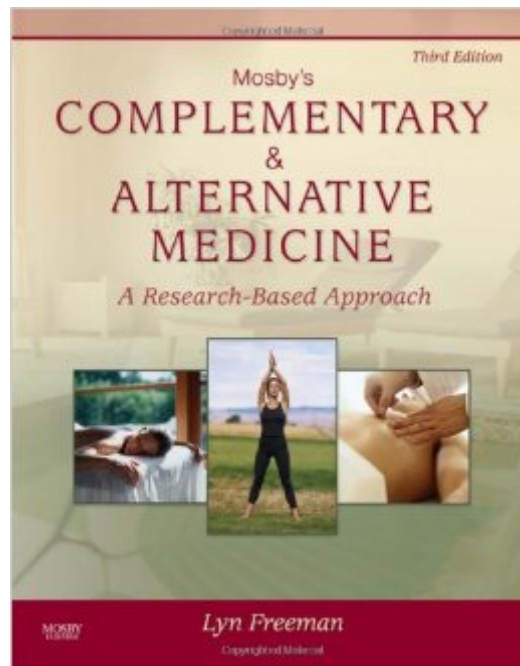


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# Mosby's Complementary & Alternative Medicine: A Research-Based Approach, 3e



## Synopsis

Providing a comprehensive overview, this text includes practical, clinically relevant coverage of complementary and alternative medicine, with commentary by well-known experts, descriptions of recent medical advances, case studies, and the history and philosophy of each discipline, along with indications, contraindications, practical application, and clinical trials for each topic. Research is critically reviewed, with examples of exceptional and flawed studies. You<sup>™</sup>ll gain an understanding of the most commonly used alternative therapies, as well as those most likely to be integrated with conventional medical treatment. More than 200 photographs and illustrations and 15 new line drawings clarify the material and make learning easier. A highly readable style simplifies complex concepts and keeps the material interesting. Current, research-based information explores the efficacy of many therapies so you can make decisions with confidence. Healing methods are emphasized, rather than systems. A topical organization lets you use what you need for your own practice, without having to read through extraneous detail. Chapter openers show why the content of the chapter is important, what is covered, and what objectives will be met. Features include: Why Read this Chapter? Chapter at a Glance Chapter Objectives An Expert Speaks boxes highlight the personal experience of well-known researchers and practitioners in each discipline, discussing the historical context of research, current contributions, and future directions. Critical Thinking and Clinical Application Questions show real-world situations so you can test and apply your knowledge. Points to Ponder help you tie together and interpret facts. A Closer Look boxes expand upon case study reviews and clinical application examples. Learning Opportunities suggest activities for interacting with health care professionals. Summary tables show outcomes from important clinical trials at a glance. Appendices provide information on CAM resources and contacts. A free Evolve companion website includes regular updates of content, student activities, and full-color images. Three new chapters: Reiki describes this popular CAM therapy and how it can be used along with related ethical and legal issues. Measurement of the Human Biofield explores cutting-edge technology and research into the biofield as well as theories about the implications of mind-body regulation. The Future of Ethnomedicine offers views of health and sickness from around the world, including perspectives that differ from traditional instruction and media portrayals. Includes the latest information on professional licensing. Seven new interviews are included, plus updates to previous interviews.

## Book Information

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## Customer Reviews

I'm using this book for a class on integrative mental health. The scientific studies and resources cited in the book are very informative and useful, but the author has very strong biases as revealed in the text and there are many fields in alternative medicine that are glossed over or are completely left out of the text (eg. Mindfulness Based Stress Reduction in both cases, spirituality in healing, and others). It's a good gateway into alternative medicine for someone who isn't at all familiar with it, but I definitely recommend seeking out other texts to compliment this book, or you will have some serious holes in the picture of alternative/integrative medicine. I would also like to see the author collaborate with others in future editions of this text so that we are given a more comprehensive view of the field. As for the merchant, I received the book very quickly (about 3 days) and it was in great condition. Absolutely no complaints whatsoever! The book was less than half the price of what I would have paid at our university's bookstore.

Even though referring to them as "common" therapies it is extremely limiting. Previous comment mentioned getting it for 30.00 less. Wished I had paid much much less. Barely a mention of yoga ??? Yoga not common??? Trying to decide on sending it back as donating it would be a disservice.

I have been looking for a good text for teaching CAM at our university and am very happy to find this text. Some of the complaints about a lack of specific material seems unwarranted. To me it seems

that the author is really trying to make a case for empirically supported treatments and offers a very good examination of them. If you are seeking a text specifically for unsupported treatments, then there are many out there. If, like me, you will be teaching PA and Medical students, then you will be hard pressed to find a better text.

I have not been enjoying the Mosby textbooks. I find them too wordy, the text too small, the information a bit disjointed. I would prefer other texts in their place. Sorry, but I must be truthful.

Very good book to help you understand Alternative Medicine. Lots of information packed in this large book. I had to read it for a class, but I enjoyed reading it.

This textbook is such a bore! Some of the content is misleading. Spirituality >> religion in complementary & alternative medicine?! What a waste of paper.

Good shipping and good book

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