

CONSUMER HEALTH

A GUIDE TO INTELLIGENT DECISIONS

STEPHEN BARRETT
WILLIAM M. LONDON
MANFRED KROGER
HARRIET HALL
ROBERT S. BARATZ

Consumer Health A Guide To Intelligent Decisions

Stephen Barrett, William
London, Robert Baratz, Manfred Kroger

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encompasses more than being knowledgeable about traditional medicine and health practice it also requires one to be well informed about the expanding field of complementary and integrative health and healthcare Consumer Health and Integrative Medicine A Holistic View of Alternative Medicine Systems and Complementary Health Care expands upon the many alternative modalities that other consumer health texts overlook It includes chapters on major alternative medicine systems and healing modalities including Ayurvedic medicine traditional Chinese medicine naturopathic and homeopathic medicine mind body interventions energy therapies botanicals aromatherapy and essentials oils and manipulative and body based therapies The authors mission is to help readers increase their knowledge base and become informed consumers New research and statistics regarding the various complementary and alternative meth odologies Three New Chapters Native American Medicine and Healing Traditions 8 Kampo Medicine of Japan 11 and Traditional Arabic and Islamic Medicine TAIM 12 Changes in terminology to comply with updated National Center for Complementary and Integrative Health NCCIH terminologyNew information on the cost of health care in the U S as compared with other advanced countries including prescription drug prices Added content on health product advertising practices including internet based and social media advertising Discussion of how consumers can protect their rights and more detailed information on current types of fraud Consumer HealthAlternative Complementary HealthcareIntegrative Health MedicineHolistic Healing Health Medicine 2026 Current Catalog National Library of Medicine (U.S.),1980 First multi year cumulation covers six years 1965 70 350 pages

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What we eat how we live and even where we live can affect our health But how can we be sure that the advice we are given about these important matters is right for us This book will provide you with the right tools for assessing health advice

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