

HEALING CHOICES

SANDY WHEELER-WINGATE



Healing Choices

Your Guide to Complementary and Alternative Healthcare

Sandy Wheeler-Wingate

Healing Choices Your Guide To Complementary And Alternative Healthcare

Rose A. Gates, Regina M. Fink



Healing Choices Your Guide To Complementary And Alternative Healthcare:

Healing Choices Sandy Wheeler-Wingate, 2006 This 288 page book provides information readers can use to make an informed decision about their holistic healthcare It includes descriptions of over 100 therapies and what they can treat

Your Guide to Alternative Medicine Larry P. Credit, Sharon G. Hartunian, Margaret J. Nowak, 2013-06-27 The world of complementary medicine offers safe and effective solutions to many health disorders from backaches to headaches You may be interested in alternative care approaches but have a number of questions you'd like answered before choosing a treatment Will I feel the acupuncture needles What is a homeopathic remedy Your Guide to Alternative Medicine provides the facts necessary to choose an effective complementary care therapy This comprehensive reference clearly explains numerous approaches in an easy to use format For every complementary care option discussed there is a description and brief history a list of conditions that respond information on cost and duration of treatment credentials and educational background of practitioners and more To find those therapies most appropriate for a specific condition a unique troubleshooting chart lists common disorders along with the complementary approaches best suited to treat them Here is a reference that can help you make informed decisions about all your important healthcare needs

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

Family Health: Your Guide to Well-Being Pasquale De Marco, 2025-04-05 Family Health Your Guide to Well being is a comprehensive and accessible resource that empowers individuals and families to take charge of their health and wellness journeys This book serves as a trusted companion providing practical advice evidence based information and natural

remedies to help readers achieve and maintain optimal well being With a focus on holistic health Family Health Your Guide to Well being addresses a wide range of topics crucial for living a healthy and fulfilling life From understanding the importance of a balanced diet and regular exercise to managing stress and ensuring quality sleep this book provides a comprehensive approach to health and wellness Recognizing that common ailments are a part of life the book offers natural remedies and home care strategies for minor health issues From soothing digestive problems and alleviating respiratory conditions to caring for skin irritations and managing muscle pain readers will find practical advice and effective solutions for everyday health concerns The book also delves into the complexities of the healthcare system guiding readers through the process of choosing the right doctor understanding health insurance options and navigating medical bills and prescription medications With clear explanations and actionable tips Family Health Your Guide to Well being empowers individuals to advocate for their health needs and make informed decisions about their care Acknowledging the unique health concerns of different population groups the book dedicates chapters to women s health men s health children s health and senior health From managing menstrual cycles and pregnancy to addressing prostate health and age related changes this book provides tailored guidance and support for individuals of all ages and backgrounds Throughout the book readers will find real life examples practical tips and actionable advice to help them implement healthier habits and improve their overall well being Family Health Your Guide to Well being is an indispensable resource for anyone seeking to prioritize their health prevent illnesses and live a longer healthier life If you like this book write a review

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inform you of over 140 web sites and dozens of other books and newsletters you can use to expand your knowledge of natural cancer treatment The self treatments they recommend are harmless enough that you can start them immediately without more research if you like They do not interfere with conventional cancer therapy if that is your choice In fact they offset most of the side effects of that treatment Cancer is not a disease says Bill It is a reaction to what your body has experienced Reverse those causes and the cancer goes away Continue what you did to reverse it and it stays away Bill explains that there are four common characteristics of all cancers These have been known since the 1920 s 1 Low oxygen uptake by the cells 2 A weak immune system 3 Toxins usually caused by diet and dental work 4 Acidity again usually caused by diet as well as stress and dental work Bill Henderson s and Dr Garcia s recommended regimen tracks with the knowledge for which Otto Warburg a famous German doctor and researcher won a Nobel Prize in 1931 He described the cancer cell and stressed the need to reverse the above four characteristics of the cancer in order to heal it None of these are addressed by conventional cancer treatment Bill s mission to help cancer patients heal started with his experience with his former wife Marjorie Her ovarian cancer was treated with conventional cancer treatment from 1990 to 1994 when she died Bill is convinced that the treatment killed her He wants to help as many people as possible avoid her fate Dr Garcia s mission is to help cancer patients heal themselves starting in a controlled clinical environment and continuing at home He has been doing this successfully for 15 years

The Guide to Alternative Health Care Cam Williams, Sheila Christensen, 1998 Featuring over 60 alternative therapies including Craniosacral infant massage oxygen healing Qi Rapid Eye Therapy Reiki and Spinal Touch this concise handbook allows readers to explore a number of alternatives designed to heal and nourish your body mind and spirit

Everyone's Guide to Cancer Therapy Andrew Ko, Malin Dollinger, Ernest H. Rosenbaum, 2011-05-12 Written by two oncologists this authoritative but readable reference stands out as a uniquely comprehensive thorough source of up to date information Library Journal For more than thirty years Everyone s Guide to Cancer Therapy has been the definitive resource for anyone confronting a cancer diagnosis The revised and updated fifth edition draws on the latest research information and advice from more than 100 top oncology specialists Equally informative and accessible this comprehensive book helps cancer patients and their caregivers navigate through diagnosis treatment and supportive care Topics include Information on recently approved targeted therapies for various cancer types The newest strategies in cancer diagnosis and prevention Cancer biology translating scientific discoveries into meaningful advances for patients Supportive care and complementary approaches

Complementary & Alternative Therapies Doris Milton, 1999-03-29 Alternative and complementary therapies including acupuncture homeopathy herbal medicine osteopathy massage therapy chiropractic biofeedback and others continue to gain popularity A number of these therapies have been recognized by physicians nurses and other mainstream health care providers as providing a positive impact on the health of their patients Integrating these therapies and their practitioners into a traditional clinical environment can be a challenge for health care leaders who are unsure how to begin

Complementary Alternative Therapies includes Overviews of alternative and complementary healing systems and practices Stand alone and collaborative models of integrative health care projects Issues surrounding goals and objectives for planning integrative care Key factors for consideration during implementation Methods of project evaluation including data collection and analysis Business and financial aspects of developing an integrated environment Complementary and Alternative Therapies offers realistic analysis practical information and strategies that administrators managers and project directors can use throughout all phases of an integrative health care effort

Complementary and Alternative Medicine for Health Professionals Linda Baily Synovitz, Karl L. Larson, 2013 Highly researched and referenced Complementary and Alternative Medicine for Health Professionals A Holistic Approach to Consumer Health educates students about the many complementary and alternative medicine CAM modalities that are available in addition to the more traditional methods that exist Early chapters provide an overview of both traditional and alternative medicine scientific method and steps in scientific research and look at the cost of health care in the U S Later chapters introduce students to integrative medicine and provide a thorough overview of CAM practices employed today Topics that are covered include acupuncture meditation herbals and aromatherapy By reading this text students will become astute at distinguishing among those traditional and CAM health practices that are helpful those that have been scientifically tested and those that may offer no benefit Case studies throughout the text give students an opportunity to apply material and ideas to real life situations

Healthy Healing Linda Page, 2004-09 The Ultimate Resource For Improving Your Health Naturally Over 1 million copies sold In its first edition nearly 20 years ago Dr Linda Page s book Healthy Healing was the only one of its kind Now updated and expanded Healthy Healing is still the easiest to use bestselling natural health reference book on the market Customize your own personal healing program using natural therapies for more than 300 ailments through diet whole herb supplements and exercise Live Longer feel better and look better naturally

Your Guide to Complementary Medicine Larry P. Credit, Sharon G. Hartunian, 1998 This comprehensive handbook to finding the right complementary therapy helps readers make informed decisions that can improve their health care The authors detail 40 different complementary approaches including eight methods of holistic psychotherapy and three varieties of massage

Foundations of Complementary Therapies and Alternative Medicine Robert Adams, 2009-12-04 Looking for a comprehensive introduction to the field of complementary therapies and alternative medicine This authoritative textbook will meet all your needs Featuring perceptive case studies study support material and resources for further reference Foundations of Complementary Therapies and Alternative Medicine provides fascinating information about a broad range of approaches Core content includes Introductions written by practising experts in the field Basics of anatomy and physiology Practical advice on working with clients and patients Information on setting up your own practice Discussion of ethics and codes of conduct Study skill aids and professional development advice With coverage of theory matched by a firm grounding in practice issues Foundations of Complementary

Therapies and Alternative Medicine is a complete learning resource It is a must have book for all undergraduate and foundation degree students taking courses on complementary therapies alternative medicine holistic therapies nursing health and related subjects *Consumer Health & Integrative Medicine: A Holistic View of Complementary and Alternative Medicine Practices* Linda Baily Synovitz,Karl L. Larson,2018-10-01 Today being a health consumer encompasses more than being knowledgeable about traditional medicine and health practice but also includes the necessity to be well informed about the expanding field of complementary and alternative medicine Consumer Health and Integrative Medicine Holistic View of Complementary and Alternative Medicine Practices Second Edition was written to expand upon the many alternative modalities that many other consumer health texts overlook It includes chapters on the major alternative medicine systems and healing modalities including Ayurvedic medicine traditional Chinese medicine naturopathy homeopathic medicine chiropractic medicine massage reflexology and herbals or botanicals The authors mission is to increase reader s knowledge base not make up their mind as we all make better choices related to our own personal health care practices when we are informed consumers , Healing Holidays Harish Naraindas,Cristiana Bastos,2016-03-22 This volume on medical tourism includes contributions by anthropologists and historians on a variety of health seeking modes of travel and leisure It brings together analyses of recent trends of medical tourism such as underinsured middle class Americans traveling to India for surgery pious Middle Eastern couples seeking assisted reproduction outside their borders or consumers of the exotic in search of alternative healing with analyses of the centuries old Euro American tradition of traveling to spas Rather than seeing these two forms of medical travel as being disparate the book demonstrates that as noted in the introduction what makes patients itinerant in both the old and new kind of medical travel is either a perceived shortage or constraint at home or the sense of having reached a particular kind of therapeutic impasse with the two often so intertwined that it is difficult to tell them apart The constraint may stem from things as diverse as religious injunctions legal hurdles social approbation or seasonal affliction and the shortage can range from a lack of privacy of insurance technology competence or enough therapeutic resources that can address issues and conditions that patients have If these two intertwined strands are responsible for most medical tourism then which locales seem to have therapeutic resources are those that are either natural in the form of water or climate legal in the form of a culture that does not stigmatise patients or technological and professional in the form of tests equipment or expertise unavailable or affordable at home or in the form of novel therapeutic possibilities that promise to resolve irresolvable issues This book was originally published as a special issue of Anthropology Medicine **Current Review of Complementary Medicine** Mark S. Micozzi,1999-04-14 This publication is the most up to date review of the most dynamic and controversial aspects of alternative medicine Dr Micozzi has assembled 19 of America s leading authorities mostly MDs but also top chiropractors and acupuncturists review the state of each therapy and provide expert pro and con opinions **The Complete Idiot's Guide to Living with Breast Cancer** Sharon Sorenson,Suzanne

Metger,2000-09-11 This guide is for breast cancer patients their spouses and children and their families co workers and friends The author hopes to answer the practical everyday life questions that every breast cancer patient or loved one has The book provides information recommendations tips and inspiration for everything from that first biopsy to the five year check up *An Introduction to Complementary and Alternative Therapies* Georgia M. Decker,1999 With this practical reference guide readers will get concise descriptions of a variety of complementary and alternative therapies and their associated nursing considerations Nurses will learn about herbal medicine mind body interventions bioelectromagnetic therapies manual healing pharmacologic and biologic therapies diet nutrition and lifestyle The growing use of these nontraditional therapies makes this book a necessity for your nursing library *Oncology Nursing Secrets* Rose A. Gates,Regina M. Fink,2001 This completely revised and updated volume from the Secrets Series includes the latest incidence and mortality statistics current resources and website addresses latest treatment modalities and new developments for specific cancers Coverage of symptom management answers questions about the most current ways to treat side effects related to treatment and disease **Diagnosis: Cancer** Wendy Schlessel Harpham,2016-01-29 The book you need to make the right decisions and get good care from diagnosis through treatment This classic work by a physician survivor has helped thousands of cancer patients and their families Now updated with the latest information on diagnosis and treatment it provides expanded information and advice that helps Healthy Survivors through the accompanying challenges New to this edition is the Harpham s Decision Tool a unique chart for deciding on your best course of treatment A succinct and empowering book for those diagnosed with any type of cancer **Diagnosis Cancer** covers all the important topics that will help you through these months of turmoil including information on clinical trials and alternative therapies as well as how to use the medical system This book will guide you to act most effectively for the best care while nourishing hope

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