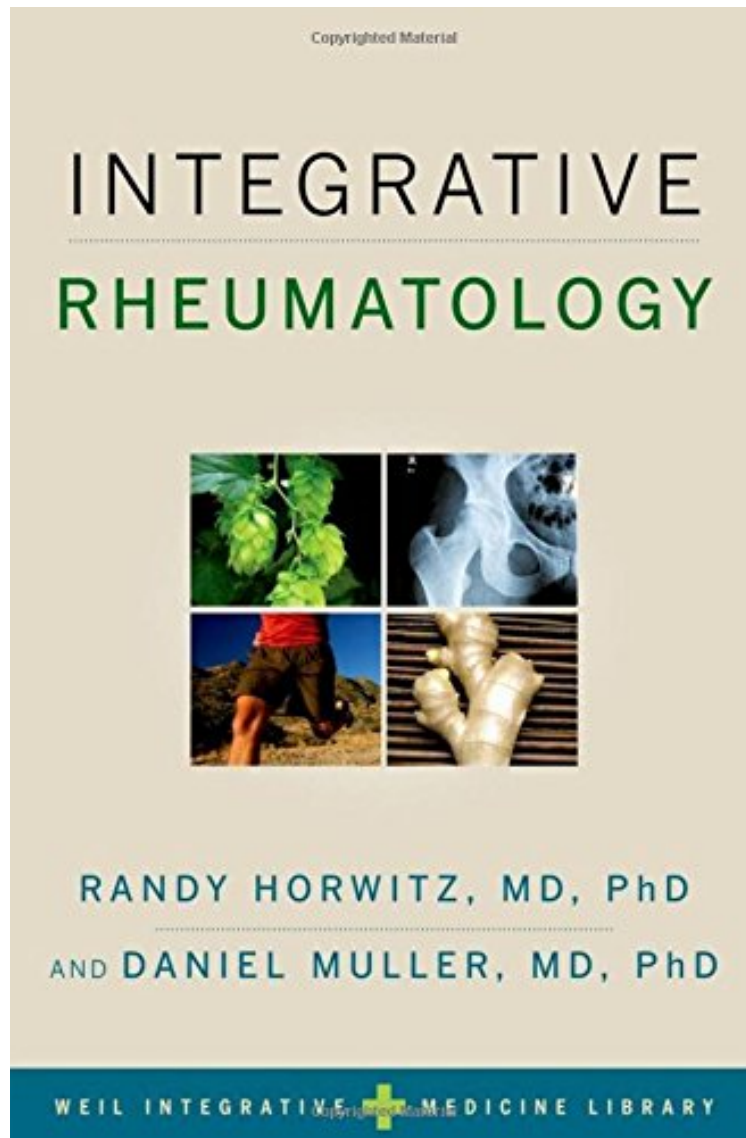


Integrative Rheumatology (Weil Integrative Medicine Library)

Randy Horwitz, Daniel Muller
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#979812 in Books 2010-10-12Original language:EnglishPDF # 1 6.14 x .88 x 9.21, 1.27 #File Name:
0195311213376 pages | File size: 27.Mb

Randy Horwitz, Daniel Muller : Integrative Rheumatology (Weil Integrative Medicine Library) before purchasing it in order to gage whether or not it would be worth my time, and all praised Integrative Rheumatology (Weil Integrative Medicine Library):

0 of 0 people found the following review helpful. Just a Wealth of "Alternative" Knowledge to go Along with "Conventional Western Medical Information"By Pamela SteeleThis book is a perfect combination of taking physicians from the typically "Western Medical Field" and seeing how they are putting to great use of "Alternative" and

"Integrative" ways of medicine to help their patients! It is a definite "must read" for patients and for physicians/those in the medical field, especially RA; along with other Autoimmune Arthritic and other illnesses. 0 of 0 people found the following review helpful. And it's an easy read. By Jane Jollie Quite comprehensive, evidence-based, and objective. And it's an easy read. 2 of 2 people found the following review helpful. Good but difficult read By Gadfly Lots of great info, but definitely written for health professionals.

Integrative Rheumatology offers a new and much-needed perspective in disease and symptom management, blending conventional medicine with alternative approaches not typically included in a Western medical practice. While conventional treatments can provide considerable symptomatic relief and can even slow the progression of many rheumatologic conditions, integrative treatment incorporating lifestyle interventions, mind-body approaches, and practices such as acupuncture and meditation into conventional medical therapies can improve quality of life, reduce medication dosages, and are generally better tolerated. In this book, researchers and clinicians highlight specific gaps in conventional rheumatologic care and examine how alternative approaches may be ideally suited to address these missed opportunities. Here, the authors introduce topics not typically addressed in conventional rheumatology texts, including nutritional therapies, exercise, herbal medicine, mind/body approaches, Ayurveda, and energy medicine. The contributors, all of whom have a background in academic medicine, share the approaches that they have found most effective in their own practices, basing their work on the best scientific evidence available. Ultimately, an understanding of complementary and alternative approaches to healing can help clinicians care for their patients using the best proven therapies to modify disease progress and relieve pain and disability.

This beautifully produced volume was not only a pleasure to handle but also a real pleasure to read. * International Musculoskeletal Medicine * About the Author Randy Horwitz is the Medical Director of the Program in Integrative Medicine at the University of Arizona. Daniel Muller is an Associate Professor of Rheumatology at the University of Wisconsin Medical Center.