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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

Natural Medications for Psychiatric Disorders David Mischoulon,Jerrold F. Rosenbaum,2002 Written by eminent psychiatrists from the Massachusetts General Hospital and other leading institutions this book is a reliable practical guide to the use of herbs vitamins and other natural substances in the treatment of psychiatric disorders Chapters discuss the natural remedies used for the treatment of mood disorders anxiety sleep disorders premenstrual syndrome menopausal symptoms dementia and sexual dysfunction The authors review and critique the published research data on the scientific rationale effectiveness and safety of each

medication and provide clinical recommendations on indications dosing and precautions Quick reference tabular appendices list the indications contraindications dosages and drug drug interactions for each medication [Caffeine Blues](#) Stephen Cherniske,2008-11-02 Learn the truth about caffeine and how to kick the habit forever from one of the most accomplished nutritional biochemists and medical writers Extraordinary and easy to read The definitive work on caffeine and health Neil Solomon MD PhD former Maryland Secretary of Health Mental Hygiene Nearly 80 percent of all Americans even doctors and journalists are hooked on caffeine this country s 1 addiction A natural component of coffee tea and chocolate and added to drugs soft drinks candy and many other products this powerful drug can affect brain function hormone balance and sleep patterns while increasing your risk for osteoporosis diabetes ulcers PMS stroke heart disease and certain types of cancer With Caffeine Blues you will discover a step by step clinically proven program that reduces your caffeine intake without the headaches fatigue and depression associate with withdrawal You will find effective ways to boost your energy with nutrients healthy beverages better sleep and high energy habits Then you can be on your way to a fabulous new life of vibrant health vitality and mental clarity [The Metabolic Plan](#) Stephen Snehlan Cherniske,2002-12-15 After years of dedicated study internationally renowned biochemist Stephen Cherniske has arrived at a new paradigm that radically alters our understanding of the aging process Far from giving out due to inevitable wear and tear the human body is naturally endowed with astonishing powers of renewal self repair and regeneration The Metabolic Plan takes you step by step through the process of restoring the body s ability to repair its own cells By restarting this anabolic metabolism we combat cardiovascular disease increase muscle reduce fat enhance memory and vision and restore that youthful glow Detailed are metabolic plans geared to the different needs of men and women and to every decade of our lives so we ll know exactly what to focus on when Longer life more energy improved health a pervasive sense of well being it sounds too good to be true but it s all within our grasp At once revolutionary and eminently practical this is the book that finally solves the puzzle of aging [Dr. Isadore Rosenfeld's 2005 Breakthrough Health](#) Isadore Rosenfeld,2005-01-01 In this all new edition bestselling author and America s most trusted doctor provides quick clear concise advice about the latest medical discoveries treatments and cures Dr Rosenfeld s superb annual guide to medical breakthroughs is sought after by his legions of admirers as the one source they can trust for the most accurate health information Dr Rosenfeld once again combines his trademark humor with an enormous depth of knowledge to translate the latest medical news into information you can use including o The common kitchen spice that lowers blood sugar levels in diabetics o The one bottle in your medicine cabinet that you must throw away and what you should replace it with o Surprising uses for Botox it can do more for your health than erase wrinkles o The latest advances in vitamins supplements prescriptions over the counter medications herbs and vaccines This year s edition covers such diverse topics as arthritis heart disease nosebleeds and weight loss Dr Rosenfeld separates hype from hope and imparts the same bottom line advice to readers that he gives his own patients [Dr. Isadore Rosenfeld's Breakthrough Health 2004](#) Isadore

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