

Yoga Tablet 8 Yoga Tablet 1

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all you need to know about herbs nutrients and yoga for enhancing mental health many physicians and therapists agree that herbs and mind body practices enhance health but many more are reluctant to integrate them into their clinical work because of a lack of training or given how long it takes to master the use of hundreds of different herbs a lack of time but the trend is clear clients and consumers alike want control over their health care choices making the time ripe for a practical resource that guides both the clinician and the consumer on complementary and alternative medicine cam this book answers that call three noted experts in integrative medicine drs brown gerbarg and muskin demystify the complexities of alternative mental health care giving readers a comprehensive yet accessible guidebook to the best treatment options out there from mood memory and anxiety disorders to add sexual enhancement issues psychotic disorders

and substance abuse every chapter covers a major diagnostic category the authors then present a range of complementary and alternative treatments including the use of herbs nutrients vitamins nootropics hormones and mind body practices that they have found to be beneficial for various conditions within each category for example b complex vitamins and folate have been shown to help with depression omega 3 fatty acids can offer relief for bipolar sufferers coherent and resonant breathing techniques used by buddhist monks induce healthy alpha rhythms in the brain to relieve anxiety the elderly can boost their memory by taking the ancient medicinal herb rhodiola rosea and those with chronic fatigue syndrome can find comfort in acupuncture and yoga focusing on evidence based approaches the research the authors clinical experience and the potential risks and benefits of each treatment are carefully examined brown gerbarg and muskin have distilled an otherwise daunting field of treatment down to its basics their overriding approach is to present the cam methods that are most practical in a clinical setting easy to administer and low in side effects with helpful summary tables at the end of each chapter clinical pearls and case vignettes interspersed throughout this is a must have resource for all clinicians and consumers who want the best that alternative medicine has to offer

based on the ancient healing tradition from india that dates back thousands of years the complete book of ayurvedic home remedies offers natural alternatives to conventional medicines and treatments with practical advice and easy to follow instructions dr vasant lad a leading authority in this field has created an invaluable guide to treating common ailments and chronic problems with strategies tailored to your personal needs based on your dosha dr lad first explains the principles behind the science of ayurveda exploring the physical and psychological characteristics of each of the three doshas or mind body types vata pitta and kapha once you have determined which type or combination of types you are dr lad helps you to begin your journey to the ultimate state of balance and well being dr lad explains why certain imbalances often result in illness and shows you how to restore your body to natural order you ll learn which traditional ayurvedic remedies herbal teas and formulas essential oils meditation yoga offer relief from a variety of conditions such as cold and flu symptoms headaches toothaches sore throats high cholesterol vision problems anxiety and depression dr lad also shows you how to use diet and specific ayurvedic techniques to prevent future illness and to promote body consciousness and healthy living the complete book of ayurvedic home remedies enables us all to experience the benefits of ayurveda s healing properties that have been refined over thousands of years all of the herbs foods and oils dr lad recommends can be found in local health food stores or through mail order catalogs complete with an extensive glossary and resource list this is the definitive guide to natural safe and effective remedies everyday keys to a lifetime of vitality and well being

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