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reference guide to sources that provide answers to medical questions including information on health organizations publications and state and federal agencies

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herbal medicines special nutrients and other natural agents addressing topics such as general information chemical composition history pharmacology clinical applications dosage and toxicology in depth evidence based coverage of 73 diseases and conditions includes key diagnostic criteria pathophysiology of diseases and therapeutic rationales coverage of potential interactions between drugs herbs and supplements ensures the safest possible use for each of 79 herbs and supplements diagnostic procedures include practical easy to follow descriptions of evidence based techniques plus discussions of clinical application of diet analysis food allergy testing immune function assessment fatty acid profiling hair mineral analysis and other diagnostic approaches common therapeutic modalities are described and reviewed including botanical medicine nutritional therapy therapeutic fasting exercise therapy hydrotherapy counseling acupuncture homeopathy and soft tissue manipulation coverage of syndromes and therapies helps in understanding the underlying causes of diseases by discussing topics such as food reactions functional toxicology sports nutrition stress management and breathing pattern disorders coverage of the philosophy of natural medicine includes its history and background with discussions of toxicity detoxification and scientific documentation of the healing actions of nature and natural substances internationally known authors joseph pizzorno and michael murray and more than 90 expert contributors provide material that is up to date accurate and informed more than 10 000 research literature citations show that the content is based on science rather than opinions or anecdotes 13 useful appendices offer quick lookup of frequently used charts handouts and information new chapters are included on hot topics such as female infertility medicinal mushrooms natural products and quality control pregnancy health and primary prevention and vitamin k new appendices include a supplier certification questionnaire and cervical escharotics treatment thorough updates ensure that you use only the most current research and provide the most effective treatment of patients tabs in specific health problems section separate more than 70 alphabetized diseases conditions one convenient volume replaces the cumbersome two volume set for easy convenient reference electronic access is available via pageburst making it easy to search topics drugs herbs and supplements and diseases and conditions sold separately

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queer blues is the only guide to focus on the triggers of depression specific to the gay and lesbian community and to offer concrete strategies to overcome them the authors explain the many forms of depression and explore its unique impact on lesbians and gay men if you re a lesbian or a gay man struggling with depression this book offers you real tools for real change a self test helps you determine your own level of depression and assess its impact

on your life with this information go on to explore the reciprocal relationship between mood and self esteem examine your core beliefs about self worth and identify self sabotaging habits that may make you vulnerable to both insecurity and depression a final section provides tested practical methods distilled from the authors more than twenty five years of clinical experience to help you build a plan to effectively manage your depression

includes index

with new chapters on key topics such as mental health the environment race ethnicity and health and pharmaceuticals this new edition maintains its multidisciplinary framework and bridges the gap between health policy and the sociology of health it builds upon the success of the first by encompassing a range of issues studies and disciplines the broad coverage of topics in addition to new chapters present an engagement with contemporary issues resulting in a valuable teaching aid this second edition brings together a diverse range of leading international scholars with contributors from australia puerto rico usa guatemala germany sri lanka botswana uk south sudan mexico south korea canada and more the second edition of this handbook remains a key resource for undergraduates post graduates and researchers across multidisciplinary backgrounds including medicine health and social care sociology and anthropology part one culture society and health part two lived experiences part three health care systems access and use part four health in environmental and planetary context

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