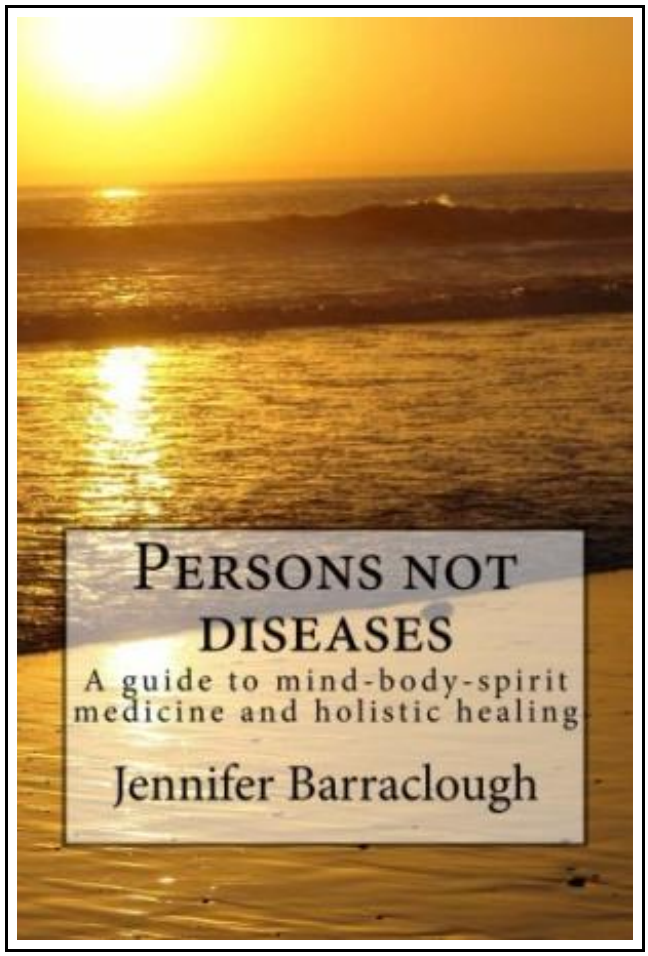
Persons Not Diseases: A Guide to Mind-Body-Spirit Medicine and Holistic Healing (Paperback)



Filesize: 5.84 MB

Reviews

Totally among the best ebook I actually have ever go through. It is probably the most awesome ebook we have go through. You can expect to like just how the blogger publish this ebook.
(Emiliano Murphy)

PERSONS NOT DISEASES: A GUIDE TO MIND-BODY-SPIRIT MEDICINE AND HOLISTIC HEALING (PAPERBACK)

DOWNLOAD

Createspace, United States, 2013. Paperback. Book Condition: New. 228 x 146 mm. Language: English . Brand New Book ***** Print on Demand *****.Written by a former medical doctor with experience in both orthodox and alternative medicine, this book aims to provide a clear and balanced outline of the holistic healing approach for both healthcare professionals and general readers. Can I help my own recovery by improving my diet, taking more exercise, meditating, having a positive attitude, and reducing my stress levels? Can I use therapies like acupuncture, homoeopathy and herbal medicines as well as drugs and surgery, or even instead of them? Where can I find good information about approaches like these? And why did I get this illness - does it have some meaning and purpose in my life? Such questions are of vital importance to many of those who are coping with health problems in themselves or in their families, and who want to play an active part in controlling the symptoms and improving the medical prognosis. But many doctors, nurses and other clinicians with an orthodox background feel uncomfortable with them, being unable or unwilling to provide their patients with helpful guidance about natural healing and the holistic approach , and sometimes responding in negative ways when they hear these terms. Both mainstream treatments and natural therapies can form part of a holistic programme, and it is seldom helpful to regard orthodox and alternative treatments as polar opposites. But the integrative model which combines the best of both is only practised by a few experts in a few centres, so people on the illness journey who choose to depart from the main highway of orthodox treatment sometimes find themselves on a rather lonely path without clear maps or easy access to support services. This book offers practical...

Read Persons Not Diseases: A Guide to Mind-Body-Spirit Medicine and Holistic Healing (Paperback) Online
Download PDF Persons Not Diseases: A Guide to Mind-Body-Spirit Medicine and Holistic Healing (Paperback)

Relevant PDFs



Music for Children with Hearing Loss: A Resource for Parents and Teachers (Paperback)

Oxford University Press Inc, United States, 2014. Paperback. Book Condition: New. 228 x 156 mm. Language: English . Brand New Book. Written by an expert in the field who is both a teacher and a...

Save ePub »



My Life as a Third Grade Zombie: Plus Free Online Access (Hardback)

Gallopade International, United States, 2013. Hardback. Book Condition: New. 224 x 142 mm. Language: English . Brand New Book. When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh...

Save ePub »



The Story of Christopher Columbus (Paperback)

DK Publishing, United States, 2001. Paperback. Book Condition: New. American.. 222 x 146 mm. Language: English . Brand New Book. Find out how explorer Christopher Columbus survived great danger on the high seas on his...

Save ePub »



Mother Carey s Chickens (Dodo Press) (Paperback)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 228 x 154 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author...

Save ePub »



No Friends?: How to Make Friends Fast and Keep Them (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do You Have NO Friends ? Are you tired of not having any...

Save ePub »