



## Complementary Medicine For Dummies

By Young, Jacqueline

For Dummies, 2007. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Foreword. Introduction. PART I: FINDING OUT ABOUT COMPLEMENTARY MEDICINE. Chapter 1. Understanding Complementary Medicine. Chapter 2. Diagnosing in Complementary Medicine. Chapter 3. Reading Your Body. PART II: EXPLORING TRADITIONAL HEALING SYSTEMS. Chapter 4. Uncovering Traditional Chinese Medicine (TCM). Chapter 5. Revealing Ayurveda's Science of Life. Chapter 6. Balancing Health with Tibetan Medicine. Chapter 7. Exploring Japanese Medicine. Chapter 8. Dipping Your Toes into Nature Cure. PART III: USING POPULAR COMPLEMENTARY THERAPIES. Chapter 9. Getting to the Point of Acupuncture. Chapter 10. Homing In on Homeopathy. Chapter 11. Unearthing Herbal Medicine. Chapter 12. Nibbling on Nutritional Therapy. Chapter 13. Diving into Naturopathy. PART IV: TREATING YOUR BODY. Chapter 14. Opening Up with Osteopathy. Chapter 15. Getting to the Crunch with Chiropractic. Chapter 16. Moving with Bodywork Therapies. Chapter 17. Enjoying Massage Therapies. PART V: HEALING YOUR MIND AND SPIRIT. Chapter 18. Calming Down with Breathing, Meditation, and Relaxation Therapies. Chapter 19. Scenting Out Aromatherapy. Chapter 20. Connecting with Healing Therapies. Chapter 21. Getting Your Head Around Psychological Therapies. Chapter 22. Feeling the Buzz of Energy Medicine. Chapter 23. Having a Go with Creative Therapies....



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