

Journal Of Herbal Medicine Empowering Knowledge

Current information about antibiotic resistant microbes and the herbs that are effective in fighting them.

Asian Americans encounter a range of health issues often unknown to the American public, policy makers, researchers and even clinicians. National research often combines Asian Americans into a single category, not taking into account the differences and complexity among Asian ethnic subgroups. The definition of Asian American derives from the U.S. Census Bureau's definition of Asian, which includes peoples from all the vast territories of the Far East, Southeast Asia and the South Asian Subcontinent. While Census classifications determine demographic measurements that affect equal opportunity programs, the broad rubric "Asian-American" can never describe accurately the more than 50 distinct Asian American subgroups, who together comprise multifaceted diversity across cultural ethnicities, socio-economic status, languages, religions and generations. This volume rectifies that situation by exploring the unique needs and health concerns of particular subgroups within the Asian American community. It consolidates a wide range of knowledge on various health issues impacting Asian Americans while also providing a

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discussion into the cultural, social, and structural forces impacting morbidity, mortality and quality of life. The volume is designed to advance the understanding of Asian American health by explaining key challenges and identifying emerging trends faced in specific ethnic groups and diseases/illnesses, innovative community-based interventions and the future needed areas of research.

This full-color reference offers practical, evidence-based guidance on using more than 120 medicinal plants, including how to formulate herbal remedies to treat common disease conditions. A body-systems based review explores herbal medicine in context, offering information on toxicology, drug interactions, quality control, and other key topics. More than 120 herbal monographs provide quick access to information on the historical use of the herb in humans and animals, supporting studies, and dosing information. Includes special dosing, pharmacokinetics, and regulatory considerations when using herbs for horses and farm animals. Expanded pharmacology and toxicology chapters provide thorough information on the chemical basis of herbal medicine. Explores the evolutionary relationship between plants and mammals, which is the basis for understanding the unique physiologic effects of herbs. Includes a body systems review of herbal remedies for common disease conditions in

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both large and small animals. Discusses special considerations for the scientific research of herbs, including complex and individualized interventions that may require special design and nontraditional outcome goals.

For more than 30 years, best-selling author and popular herbalist Rosemary Gladstar has been touting the health benefits of fire cider — a spicy blend of apple cider vinegar, onion, ginger, horseradish, garlic, and other immune-boosting herbs. Her original recipe, inspired by traditional cider vinegar remedies, has given rise to dozens of fire cider formulations created by fans of the tonic who use it to address everyday ills, from colds and flu to leg cramps and hangovers. *Fire Cider!* is a lively collection of 101 recipes contributed by more than 70 herbal enthusiasts, with energizing versions ranging from Black Currant Fire Cider to Triple Goddess Vinegar, Fire Cider Dark Moonshine, and Bloody Mary Fire Cider. Colorful asides, including tribute songs and amusing anecdotes, capture Gladstar's passionate desire to pass along the fire cider tradition. This publication conforms to the EPUB Accessibility specification at WCAG 2.0 Level AA.

Herbs and self-care practices shift with the seasons and therefore offer a tremendous opportunity to learn from nature. Our bodies go through the same cycles as the earth, daily, monthly, and yearly. The herbal

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homestead is a place to practice this art of living that we have become so disconnected from and to consequently reconnect with the cycles around and within us. Connecting and reconnecting with these processes is empowering, enlivening, energizing, and it builds confidence and trust in yourself and your body. Confidence and trust are major markers of health, so this way of life can put us right on our path to health. Herbal homesteading is a call to connect with ourselves, with our own healthcare, and with nature and plants. This connection can make us feel at home— at home within ourselves, at home in nature, and at home in the spaces where we make medicine, heal, and connect with others. You can create an herbal homestead to any extent and be successful, you do not have to have land, a garden, a plethora of herbs, an education in herbal medicine. You can embrace this worldview one day or month at time, plant by plant, one act of self care to the next. You can create your herbal homestead from your urban apartment, you can learn about nature's processes and the life cycle of plants from the weeds growing through the cracks in the sidewalk —all of these cycles are created equally.

This ambitious sourcebook surveys both the traditional basis for and the present state of indigenous women's reproductive health in Mexico and Central America. Noted practitioners, specialists, and researchers take an interdisciplinary

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approach to analyze the multiple barriers for access and care to indigenous women that had been complicated by longstanding gender inequities, poverty, stigmatization, lack of education, war, obstetrical violence, and differences in language and customs, all of which contribute to unnecessary maternal morbidity and mortality. Emphasis is placed on indigenous cultures and folkways—from traditional midwives and birth attendants to indigenous botanical medication and traditional healing and spiritual practices—and how they may effectively coexist with modern biomedical care. Throughout these chapters, the main theme is clear: the rights of indigenous women to culturally respectful reproductive health care and a successful pregnancy leading to the birth of healthy children. A sampling of the topics: Motherhood and modernization in a Yucatec village Maternal morbidity and mortality in Honduran Miskito communities Solitary birth and maternal mortality among the Rarámuri of Northern Mexico Maternal morbidity and mortality in the rural Trifino region of Guatemala The traditional Ngäbe-Buglé midwives of Panama Characterizations of maternal death among Mayan women in Yucatan, Mexico Unintended pregnancy, unsafe abortion, and unmet need in Guatemala Maternal Death and Pregnancy-Related Morbidity Among Indigenous Women of Mexico and Central America is designed for anthropologists and other social scientists,

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physicians, nurses and midwives, public health specialists, epidemiologists, global health workers, international aid organizations and NGOs, governmental agencies, administrators, policy-makers, and others involved in the planning and implementation of maternal and reproductive health care of indigenous women in Mexico and Central America, and possibly other geographical areas. The premier authority on empaths presents a daily self-care journal created specifically for highly sensitive people. Dr. Judith Orloff has a life-saving message for all empaths: self-care is essential when you are highly empathic and sensitive. An empath herself, Dr. Orloff has emerged as the leading expert on the needs of people who feel and experience life with unusual intensity. Now with *The Empath's Empowerment Journal*, she brings you an ideal resource for creating a daily self-care routine to support you in protecting your vital energy and developing the unique gifts of intuition, creativity, and compassion you bring to the world. This paperback journal of personal exploration is beautifully designed to delight the senses of sensitive people. Inside you'll find spacious pages for your own writing, punctuated with inspirational statements and prescriptive exercises to help you deal gracefully with in-the-moment sensory overload; tap into the power of seasonal changes and celestial cycles; and fine-tune your daily routine to nourish the greatest

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expression of your natural gifts. Created as the perfect companion to Dr. Orloff's new book *Thriving as an Empath* or as a stand-alone support for any sensitive person who wants to practice better self-care, *The Empath's Empowerment Journal* provides invaluable tools and inspiration for helping you become more protected, effective, and empowered each day.

Alphabetically lists and describes Web sites on a variety of topics, including health, culture, business, travel, and education.

Doyal brings together findings from a wide range of empirical studies spanning the social sciences to explore experiences of HIV positive people across the world. This will illustrate how the disease is physically manifested and psychologically internalised by individuals in diverse ways depending on the biological, social, cultural and economic circumstances in which they find themselves. A proper understanding of these commonalities and differences will be essential if future strategies are to be effective in mitigating the effects of HIV and AIDS.

Nursing History Review, an annual peer-reviewed publication of the American Association for the History of Nursing, is a showcase for the most significant current research on nursing history. Regular sections include scholarly articles, over a dozen book reviews of the best publications on

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nursing and health care history that have appeared in the past year, and a section abstracting new doctoral dissertations on nursing history. Historians, researchers, and individuals fascinated with the rich field of nursing will find this an important resource. Complementary Therapies—Advances in Research and Application: 2013 Edition is a ScholarlyBrief™ that delivers timely, authoritative, comprehensive, and specialized information about Mind-Body Therapies in a concise format. The editors have built Complementary Therapies—Advances in Research and Application: 2013 Edition on the vast information databases of ScholarlyNews.™ You can expect the information about Mind-Body Therapies in this book to be deeper than what you can access anywhere else, as well as consistently reliable, authoritative, informed, and relevant. The content of Complementary Therapies—Advances in Research and Application: 2013 Edition has been produced by the world's leading scientists, engineers, analysts, research institutions, and companies. All of the content is from peer-reviewed sources, and all of it is written, assembled, and edited by the editors at ScholarlyEditions™ and available exclusively from us. You now have a source you can cite with authority, confidence, and credibility. More information is available at <http://www.ScholarlyEditions.com/>. This authoritative collection is the first wide-ranging overview dedicated to traditional, complementary

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and integrative medicine (TCIM) and its scientific study. Compiled by an expert editorial team, it is an essential guide to the vast and ever-growing international literature on TCIM. Contributions come from practitioners and academics drawn from a diverse range of disciplines and professions across the globe. From perspectives on the significance of TCIM within public health policy to discourses on its influence in fields such as psychiatry and sociology, discrete chapters come together to provide an international map of the contemporary research, key debates and core issues which shape the field. Carefully structured to ensure easy navigation, the reader is divided into three parts: Part A focuses on the consumption of TCIM, including chapters on its use through the life-cycle and within the context of disease and health management; Part B covers considerations for practitioners across the world, taking in issues over ethics, communication and education; Part C features chapters on the role of evidence, research and knowledge production in TCIM and looks at what lies ahead for the field. With its thought-provoking insights and suggestions for further reading, this comprehensive resource provides guidance and inspiration for anyone embarking on study, practice or research within health, nursing or medicine.

When you are struggling with fertility, navigating your options may feel overwhelming. In Embrace Your

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Fertility, Dr. Timea Belej-Rak demystifies the process with a guide that melds heartfelt patient stories and expert knowledge on the latest resources including: ? naturopathic perspectives by Tanya Wylde, ND, R.Ac. ? acupuncture and East Asian medicine by Tim Tanaka, Ph.D., R.Ac., R. TCMP ? mind body connection by Glenda Johnson, RPT, MCHt ? counseling by Reina Zatylny, MSW, RSW ? medical treatments by Timea Belej-Rak, MD ? sperm donation by Haimant Bissessar, BSc ? egg donation by David Sher, CEO, Elite IVF ? adoption by Sofie Stergianis, MSW, RSW Offering a multifaceted discussion about a complex and emotional subject, Embrace Your Fertility includes chapters by professionals in the field with detailed information about processes and procedures. It includes a look at both mainstream medical interventions and alternative health options from diet to acupuncture and views your fertility struggle from new perspectives. Praise for Embrace Your Fertility Embrace Your Fertility is a splendid book which covers everything you need to know and do to help you conceive a child or otherwise make peace with your fertility. It is written with the authoritative compassion of a physician who has not only been there herself, but has also helped hundreds of other individuals through the fertility journey. This book is a gem that I highly recommend to everyone who is concerned about her (or his) fertility. Christiane

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Northrup, MD, Ob/Gyn Physician and Author of the New York Times bestsellers: *Goddesses Never Age: The Secret Prescription for Radiance, Vitality, and Wellbeing*, *Womens Bodies, Womens Wisdom*, and *The Wisdom of Menopause* Compiled by a spiritually-attuned, holistically conscious fertility specialist, *Embrace Your Fertility* is a comprehensive guide to navigating your fertility journey, complete with wisdom and knowledge about everything from conventional medical approaches to adoption to acupuncture to the mind-body perspectives that optimize fertility outcomes. Filled with stories of women who have navigated their own fertility experiences, readers will find comfort and inspiration alongside grounded, practical information. Lissa Rankin, MD, New York Times bestselling author of *Mind Over Medicine*

The facts are alarming: Medical errors kill more people each year than AIDS, breast cancer, or car accidents. A doctor's relationship with pharmaceutical companies may influence his choice of drugs for you. The wrong key word on an insurance claim can deny you coverage. Through real life stories, including her own, and shrewd advice, CNN's Elizabeth Cohen shows you how to become your own advocate and navigate the minefield of today's health-care system. But there's good news. Discover how to • find a doctor who "gets" you and listens to you • ask the right

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questions for the best treatment • make the most out of a short office visit • cut out-of-pocket costs for prescription drugs • harness the power of the Internet for medical issues • fight back when claims are denied Combining the personal stories of patients across America with crucial advice on receiving the best possible health care, this guide will enable you to confront an often confusing and perilous system—and come out ahead.

Completely updated for 2017, **FUNDAMENTALS OF HIV MEDICINE** is a comprehensive clinical care publication for the treatment of HIV/AIDS. Published by the American Academy of HIV Medicine, the book offers physicians, pharmacists, nurse practitioners, and other care providers the most up-to-date overview of the latest HIV treatments and guidelines plus online access to CME. Embodying the AAHIVM's commitment to promoting uniform excellence in care of seropositive patients, **FUNDAMENTALS OF HIV MEDICINE 2017** empowers health professionals to deliver standardized, life-sustaining treatment to the patients who need it most. It will serve as an essential clinical reference and provide valuable career enrichment to users across the spectrum of HIV care, treatment, and prevention.

Learn the therapeutic skills you need to succeed in the nurse's role in psychiatric care! **Psychiatric Nursing, 7th Edition** uses a practical approach to

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psychotherapeutic management that clearly explains how to manage and treat individuals with psychiatric disorders. It emphasizes the nurse's three primary tools: you and your relationship with patients, medications, and the environment. This edition adds a new chapter on forensics along with coverage of the latest trends and treatments. Written by educators Norman Keltner and Debbie Steele, this text provides a solid, real-world foundation for the practice of safe and effective psychiatric nursing care. Unique! A practical, three-pronged approach to psychotherapeutic management includes: 1) the therapeutic nurse-patient relationship, 2) psychopharmacology, and 3) milieu management. Unique! Norm's Notes offer helpful tips from the lead author, Norman Keltner, at the beginning of each chapter, making it easier to understand difficult topics. Nursing care plans highlight the nurse's role in psychiatric care, emphasizing assessment, planning, nursing diagnoses, implementation, and evaluation for specific disorders. Case studies depict psychiatric disorders and show the development of effective nursing care strategies. Unique! Putting It All Together summaries are provided at the end of each psychopathology chapter. Clinical examples from the authors' own experiences illustrate concepts with real-life clinical situations. Study Notes summarize each chapter's important content. Learning objectives at the beginning of each chapter

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preview the important principles to follow. Critical thinking questions help you develop clinical reasoning skills. Family Issues boxes highlight the issues that families must confront when a member suffers from mental illness. Learning resources on the Evolve companion website include video lectures, psychotropic drug monographs, and NCLEX® exam-style review questions. Patient and Family Education boxes highlight information that the nurse should provide to patients and families. A glossary defines key terms, providing a handy reference at the back of the book. NEW! DSM-5 information is integrated throughout the text, along with updated content and NANDA content. NEW! Survivors of Violence and Trauma chapter focuses on psychiatric treatment for individuals with mental illness in sex trafficking and forensic environments, along with the social implications for individuals, families, and communities. NEW! Integration of QSEN competencies highlights the competencies relevant to psychiatric nursing care such as safety, communication, evidence-based practice and others. NEW! Additional NCLEX® examination-style review questions on the Evolve companion website cover concepts likely to appear on class tests and the NCLEX exam.

Dispelling the commonly held belief that lung cancer is always self-inflicted, this book guides patients, their loved ones, and caregivers through diagnosis,

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acceptance, and treatment, and provides support and hope to the tens of thousands of people coping with this illness. • Provides a crucial reference that helps patients, caregivers, and loved ones educate themselves and obtain the best possible treatments • Discusses customized chemotherapy; treatment options for early-stage lung cancer, including minimally invasive surgery techniques pioneered by author Dr. Eric Presser; and today's most promising treatments, including multimodality therapy • Examines the latest diagnostic tools for the early detection of lung cancer, emphasizes the importance of cancer staging, and evaluates the range of alternative treatments • Guides readers concerning emotional matters such as telling family members and dealing with guilt, and with the practical needs of late-stage lung cancer patients

Herbal and Magical Medicine draws on perspectives from folklore, anthropology, psychology, medicine, and botany to describe the traditional medical beliefs and practices among Native, Anglo- and African Americans in eastern North Carolina and Virginia. In documenting the vitality of such seemingly unusual healing traditions as talking the fire out of burns, wart-curing, blood-stopping, herbal healing, and rootwork, the contributors to this volume demonstrate how the region's folk medical systems operate in tandem with scientific biomedicine. The authors provide illuminating commentary on the major forms of

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naturopathic and magico-religious medicine practiced in the United States. Other essays explain the persistence of these traditions in our modern technological society and address the bases of folk medical concepts of illness and treatment and the efficacy of particular practices. The collection suggests a model for collaborative research on traditional medicine that can be replicated in other parts of the country. An extensive bibliography reveals the scope and variety of research in the field.

Contributors. Karen Baldwin, Richard Blaustein, Linda Camino, Edward M. Croom Jr., David Hufford, James W. Kirland, Peter Lichstein, Holly F. Mathews, Robert Sammons, C. W. Sullivan III

Written by social workers, **PSYCHOPATHOLOGY** views mental disorders through the strengths-perspective. It is unique in its ability to summarize the current state of knowledge about mental disorders and applies a competency-based assessment model for understanding psychopathology. Complete with detailed and realistic vignettes that are unavailable in other texts for the course, **PSYCHOPATHOLOGY** presents strategies for building on clients' strengths and resilience and offers insights to social workers regarding their role in working with the mentally ill. Additional resources available to package with the text, including a DVD and CourseMate, further enhance the text with such helpful material as video

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illustrating clinician/client interaction, and study tools that reinforce learning. Part of the Brooks/Cole Empowerment Series, the third edition is completely up to date and thoroughly integrates the core competencies and recommended practice behaviors outlined in the 2008 Educational Policy and Accreditation Standards (EPAS) set by the Council on Social Work Education (CSWE). Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

The must-have integrative and complementary medicine reference from experts in the field This exhaustive textbook is ideal for anyone with an interest in integrative and complementary medicine in Australia; including General Practitioners, medical students, integrative clinicians and health practitioners. A Guide to Evidence-based Integrative and Complementary Medicine presents non-pharmacologic treatments for common medical practice complaints – all supported by current scientific evidence. These include Attention Deficit Hyperactivity Disorder (ADHD), asthma, insomnia, anxiety, depression and many more. This practical health resource profiles myriad approaches in integrative and complementary medicine, such as mind-body medicine, stress management techniques, dietary guidelines, exercise and sleep advice, acupuncture, nutritional medicine, herbal

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medicine, and advice for managing lifestyle and behavioural factors. It also looks at complementary medicines that may impact the treatment of disease. A Guide to Evidence-based Integrative and Complementary Medicine contains only proven therapies from current research, particularly Cochrane reviews, systematic reviews, randomised control trials, published cohort studies and case studies.

- easy access to evidence-based clinical data on non-pharmacological treatments – including complementary medicines – for common diseases and conditions
- instant advice on disease prevention, health promotion and lifestyle issues
- chapter summaries based on scientific evidence using the NHMRC guidelines grading system
- printable patient summary sheets at chapter end to facilitate discussion of clinical management
- conveniently organised by common medical presentations

Clinical Naturopathy: an evidence-based guide to practice, 2nd edition, E-book by Jerome Sarris and Jon Wardle, articulates evidence-based clinical practice. It details the principles, treatment protocols and interventions at the forefront of naturopathic practice in the 21st century. Clinical Naturopathy: an evidence-based guide to practice 2e E-book, equips you to critically evaluate your patients, analyse treatment protocols, and provide evidence-based prescriptions. This second edition promotes the

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fundamentals of traditional naturopathy, while pushing the scientific boundaries and driving the steady evolution of the profession of naturopathic medicine. Perfect for: Bachelor of Health Science (Naturopathy) Advanced diploma and Postgraduate students in: • Naturopathy • Western Herbal Medicine • Nutrition • Homoeopathy Complementary health therapists General Practitioners Nursing students Pharmacy students Benefits: • Provides an evidence-based, referenced analysis of the treatment protocols underpinning the therapeutic use of CAM interventions. • Emphasizes the treatment of patients not diseases within the systems based structure. • A rigorously researched update of common clinical conditions and their naturopathic treatment according to evidence-based guidelines (over 5,000 references). • Bridges conventional medical and naturopathic paradigms to help clinicians facilitate truly integrative models of care. • Augmented appendices including: herb/drug interaction charts, laboratory reference values, food sources of nutrients, cancer medication interactions and nutraceutical use. • Key Treatment Protocols throughout the text offer an evidence-based referenced critique. • Naturopathic Treatment trees for each condition, with Treatment Aims boxes that are easy to follow and understand. • Scientific and traditional evidence validating treatment protocols. • Decision trees, unique figures, tables and charts are

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a great aid to visual learners. • Expanded Diagnostics chapter including the emerging field of pharmacogenomics. • New Wellness, lifestyle and preventive medicine chapter to explore in detail the core principles of naturopathic practice. • New Liver dysfunction and disease, Headache and migraine, and Pain chapters. • A deepening scientific focus with inclusion of new and emerging naturopathic therapeutics such as injectable nutraceuticals.

This comprehensive nursing text has been fully and extensively updated for this third edition, and offers students a complete guide to the art and science of mental health nursing. The book combines theory and practice to look in-depth at: Different 'types' of mental health problems ; Different therapeutic interventions ; The practical tools of nursing such as risk, assessment, problem solving ; Key themes such as ethics, law and professional issues.

Do you want to heal your body naturally? Are you fed up with conventional, chemically produced medicine that only makes you feel worst and never heals you? "In my opinion, no one in the medical profession has reached infinity of thought. No one can claim authority over another's right to heal. By using herbs to heal, the very plants we walk alongside on the earth, we not only create empowerment within ourselves but also identify and connect with dis-ease, allow it a swifter passage for greater healing to be made". - Niki Senior - Master

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Herbalist. Excerpt from Journal Two, 2005 In today's world where diseases are only becoming more common, natural alternatives to medicine are becoming more popular. This book will allow you to become knowledgeable about what our ancestors used to heal their bodies naturally. You will be able to grow your herbs at home and take things to the next level by making your tinctures! In this book you will discover: How to aid certain parts of your body with different herbs 20 of the most popular herbs A list of teas blends that you should be making to improve your health A step-by-step on how you can grow your own herbs at home! How to use make oils from herbs and make your own tinctures! Help your body return to its natural state You can begin healing your body and growing your own herbs even if you don't have any knowledge of herbalism! If you want to reap the benefits of naturally grown herbs, then scroll up and click the "Add to Cart" button.

Community-based enterprises are the result of a process in which the community acts entrepreneurially to create and operate a new enterprise embedded in its existing social structure and network. This book argues that community-based enterprise could represent a strategy for fostering sustainable local development while at the same time maintaining traditional knowledge in ethnomedicine and conserving the local ecosystems. Traditional medicinal knowledge, especially the use of

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ethnomedicinal plants in developing countries, has been passed down for generations. Today, however, scientists are poised to combine traditional medicinal plants and modern drug discoveries to further develop essential products that have followed the leads of indigenous cures used for centuries. *Ethnomedicinal Plant Use and Practice in Traditional Medicine* provides emerging research exploring the theoretical and practical aspects of indigenous knowledge and therapeutic potential within ethnobotany. Featuring coverage on a broad range of topics such as drug discovery, traditional knowledge, and herbal medicine, this book is ideally designed for doctors, healers, medical professionals, ethnobotanists, naturalists, academicians, researchers, and students interested in current research on the medical use and applications of natural-based resources.

"From *Wise Passage* - a leader in midlife women's health, comes this informative, authoritative, and empowering handbook for any woman experiencing "The Change." The *Wise Passage Menopause Guide* offers a comprehensive, outline format resource to navigate menopause-related topics with ease: from the real truth about hormone therapy to symptom treatment and the mind-body connection. With this groundbreaking guide, women will find tools to discover personalized symptom relief, prevent disease in midlife and promote a healthy lifestyle that will see them thriving through menopause and beyond"--Back cover.

You can have greater strength and vitality through ancient Chinese balancing principles Laine calls 'EnerQi'. Everyone wants to feel healthy, strong, and alive. Sheri Laine, a 28-year practitioner of Oriental medicine, shows readers how to do just that through a unique concept using the L.A.I.N.E. method: Learn, Align, Inform, Natural, Energy. In *Living the EnerQi Connection*, acupuncturist Laine explains how Qi—the vital energy that circulates round the body in currents—works

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and how readers can benefit by cultivating and nurturing it. The way in which we choose to harmonize and preserve this energy is what Laine calls EnerQi. Because this force field changes based on how well we take care of ourselves and by the lifestyle choices we make, we can actually raise our energy frequency to a much higher level, becoming stronger, happier and more alive than ever before. Living the EnerQi Connection is not only an enjoyable read, but its demystification of concepts and traditions from ancient Oriental medicine, including the art of acupuncture, is easy to understand. Readers will discover an uncomplicated path to achieving balance by incorporating beneficial changes in their daily lives that will empower them to be healthier, happier, more relaxed, and more fulfilled.

Comprehensive and in-depth guide provides the expertise of more than 100 of the nation's top professionals.

Llewellyn's Herbal Almanac offers a wide variety of practical ideas on how to benefit from nature's most versatile plants. With hands-on projects, fresh ideas, and tips and techniques, this guide is designed for herb enthusiasts of all skill levels. It also features innovative herbal ideas that span gardening, cooking, crafts, health, beauty, history, and lore.

Professional Perspectives in Health Care covers a broad range of healthcare issues such as confidentiality, the patient as consumer and interprofessional working. It examines the latest developments and international perspectives on working in healthcare, and encourages a critical appreciation of current debates on the professional agenda.

This edited collection is about the use of complementary and alternative medicine (CAM) and traditional medicine (TM) within the context of women's reproductive health. It adopts a perspective drawn from different social sciences (sociology, medical anthropology, history, and health studies) to discuss topics such as fertility, menopause, pregnancy, child birth

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practices, post-natal care, breastfeeding, and breast cancer. The contributors explore the uses and values attributed to CAM and TM for women's reproductive health across diverse cultures from the point of view of patients, CAM/TM practitioners, and other health care providers. This text provides insights into the wide spectrum of practices, approaches, and beliefs that define CAM and TM, and situates women's health issues within the local socio-cultural, geographic, economic, historical, and political contexts in which they exist. It also explores some challenges to the integration of TM and CAM with biomedicine.

For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

Explore feminist ideals and advocacy for aging women in health care, home life, work, and retirement!

Fundamentals of Feminist Gerontology strives to increase women's self-esteem and their overall quality of life by encouraging education and by putting a stop to age, sex, and race discrimination. As a student or professional in psychology, social work, or gerontology, you will learn about feminist conceptions of retirement, economic issues, psychological issues, and social issues and will explore studies on old age discrimination and devaluation and sexism toward women in Western societies to gain an understanding of the experiences of these women. This book also shows how some women

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are experiencing empowerment through alternative health care, such as mind-body therapies, homeopathy, aromatherapy, and herbal medicine and examines older women in the family context. Fundamentals of Feminist Gerontology will provide you with the tools to offer effective therapy to women to help them improve their own lives. For a complete list of contents, please visit our Web site at www.haworthpressinc.com. Using feminist practice approaches, Fundamentals of Feminist Gerontology gives you real-life situations and examples that will raise awareness of the issues that rob older women of the quality of life they deserve. Some of the vital issues and theories you will read about in Fundamentals of Feminist Gerontology include: women regaining control over their health care retirement and the economic issues that older women face when they retire the role of children and grandchildren in the older woman's life unpaid work after retirement in the home and as a care provider older women battling domestic violence financial and psychological issues of widowhood special concerns of minority women and lesbians as they grow older Fundamentals of Feminist Gerontology presents new feminist knowledge and strategies to assist aging women in fully developing, enhancing, and enjoying their later years. You will discover a rich variety of theories and frameworks from a multitude of intellectual paradigms and political positions to enhance your professional practice with older women. Most health professionals would agree that time and funds are in short supply, even under optimal conditions. Patients, too, would admit similar shortfalls, even with

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optimal motivation. This book offers self-administered and easily administered interventions designed to promote positive health behaviors while requiring little or no outside funding. Editor Luciano L'Abate continues his long tradition of prolific innovations by identifying major changes in today's health care systems and explaining how targeted, prescriptive promotion/prevention strategies can enhance traditional primary, secondary, and tertiary interventions in key behavioral and relational areas.

Deals with Social Sources of Disparities in Health and Health Care. This title reviews basic material on the topic. It includes five articles, three focused on racial and ethnic factors in disparities and two on those factors and other social factors such as SES.

Fundamentals of Midwifery: A Textbook for Students makes the subject of midwifery accessible, informative and motivating, ensuring that it is an essential text for the aspiring midwife! This resource brings together knowledge from a collection of clinical experts and experienced academics to support your learning and prepare you for the challenges faced in contemporary midwifery healthcare. It presents you with the 'must-have' information that you need concerning both the theoretical and practical aspects of what it means to be a midwife. With extensive full colour illustrations throughout, as well as activities and scenarios, this user-friendly textbook will support you throughout your entire education programme. Fundamentals of Midwifery is essential reading for all pre-registration student midwives, as well as newly qualified midwives. KEY

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FEATURES: • Broad and comprehensive in scope, with chapters on: team working; antenatal care, intrapartum and postnatal care; infant feeding; public health and health promotion; perinatal mental health; complementary therapies; pharmacology and medicines management; and emergencies. • Interactive and student-friendly in approach, with activities throughout. • Brings together professional and clinical topics in one user-friendly book. • Ties in with the latest NMC Standards for pre-registration midwifery education. • Supported by an online resource centre featuring interactive multiple-choice questions, additional scenarios and activities, and links to further reading.

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