



Fundamentals of Complementary and Alternative Medicine (Fundamentals of Complementary and Integrative Medicine)

Marc S. Micozzi

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Practitioners like you have been turning to Micozzi's comprehensive CAM text for the past 20 years. Filled with the most up-to-date information on scientific theory and research and updated contributions from world experts, **Fundamentals of Complementary and Alternative Medicine, 5th Edition** gives you a solid foundation of the therapies and evidence-based clinical applications for CAM - and expands your global perspective with new and updated chapters on healing systems from around the world. Dive into interesting discussions on massage, manual therapies and bodywork, yoga, chiropractic, osteopathy, herbal medicine, aromatherapy and essential oils therapy, "nature cure," naturopathy and naturopathic medicine, and nutrition and hydration. With its wide range of topics, this 20th anniversary edition is your ideal CAM reference!

- **A broad perspective** traces CAM therapies from their beginnings to present day practices.
- Clinical guides for selecting therapies, and new advances for matching the appropriate therapy to the individual patient, enables you to offer and/or recommend individualized patient care.
- Expert contributors include well-known writers such as Kevin Ergil, Patch Adams, Joseph Pizzorno, and Marc Micozzi himself.
- A unique synthesis **of information**, including historical usage, cultural and social analysis, current basic science theory and research, and a wide range of clinical investigations and observations, makes this text a focused, authoritative resource.
- Suggested readings and references in each chapter list the best resources for further research and study.
- Coverage of CAM therapies and systems includes those most commonly encountered or growing in popularity, so you can carefully evaluate each treatment.
- An evidence-based approach focuses on treatments best supported by clinical trials and scientific evidence.
- Observations from mechanisms of action to evidence of clinical efficacy answers questions of *how*, *why*, and *when* CAM therapies work.
- Global coverage includes discussions of traditional healing arts from Europe, Asia, Africa, and the Americas.

- **NEW! Updated chapters** feature new content and topics, including: challenges in integrative medicine, legal issues, CAM in the community, psychometric evaluation, placebo effect, stress management, and much more!
- **NEW! Updated guides on common herbal remedies** in clinical practice, East and Southeast Asia, and native North and South America deliver the latest information.
- **NEW! Revised chapters with new contributors** offer fresh perspectives on these important and relevant topics.
- **EXPANDED! Basic science content and new theory and research studies** cover a wide range of sciences such as biophysics, biology and ecology, ethnomedicine, psychometrics, neurosciences, and systems theory.
- **NEW! New and expanded global ethnomedical systems** include new content on Shamanism and Neo-Shamanism, Central and North Asia, Southeast Asia, Nepal and Tibet, Hawaii and South Pacific, Alaska and Pacific Northwest, and contemporary global healthcare.

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