



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

*Marc S. Micozzi*

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Focusing on emerging therapies and those best supported by clinical trials and scientific evidence, **Fundamentals of Complementary and Alternative Medicine** describes some of the most prevalent and the fastest-growing CAM therapies in use today. Prominent author Dr. Marc Micozzi provides a complete overview of CAM, creating a solid foundation and context for therapies in current practice. Coverage of systems and therapies includes mind, body, and spirit; traditional Western healing; and traditional ethnomedical systems from around the world. Discussions include homeopathy, massage and manual therapies, chiropractic, a revised chapter on osteopathy, herbal medicine, aromatherapy, naturopathic medicine, and nutrition and hydration. With its wide range of topics, this is the ideal CAM reference for both students and practitioners!

- **An evidence-based approach** focuses on treatments best supported by clinical trials and scientific evidence.
- **Coverage of CAM therapies and systems** includes those most commonly encountered or growing in popularity, so you carefully evaluate each treatment.
- **Global coverage** includes discussions of traditional healing arts from Europe, Asia, Africa, and the Americas.
- **Longevity in the market** makes this a classic, trusted text.
- **Expert contributors** include well-known writers such as Kevin Ergil, Patch Adams, Joseph Pizzorno, Victor Sierpina, and Marc Micozzi himself.
- **Suggested readings and references** in each chapter list the best resources for further research and study.
- **New, expanded organization** covers the foundations of CAM, traditional Western healing, and traditional ethnomedical systems from Asia, Africa, and the Americas, putting CAM in perspective and making it easier to understand CAM origins and contexts.
- **NEW content** includes legal and operational issues in integrative medicine, creative and expressive arts therapies, ecological pharmacology, hydration, mind-body thought and practice in America, osteopathy, reflexology, South American healing, traditional medicines of India, and Unani medicine.
- **Revised and updated chapters** include aromatherapy, classical acupuncture, energy medicine, biophysical devices (electricity, light, and magnetism), massage and touch therapies, traditional osteopathy, reflexology, vitalism, and yoga.
- **New research studies** explain how and why CAM therapies work, and also demonstrate that they do work, in areas such as acupuncture, energy healing, and mind-body therapies.
- **Expanded content on basic sciences** includes biophysics, ecology, ethnomedicine, neurobiology, and psychoneuroimmunology, providing the scientific background needed to learn and practice CAM and integrative medicine.
- **Expanded coverage of nutrition and hydration** includes practical information on Vitamin D and healthy hydration with fluid and electrolytes.

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