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

By Consultant in Psychological Medicine Jennifer Barraclough

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...



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