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Altri autori (Persone)	MackenzieElizabeth R. <1961-> RakelBirgit
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Holistic approaches to healthy aging / Elizabeth R. Mackenzie and Birgit Rakel -- Healthy and therapeutic diets that promote optimal aging / Joel S. Edman -- Supplements and herbs / Ara DerMarderosian and Michael Briggs -- Homeopathy as an aid to healthy aging / Joyce Frye -- Music, health, and well-being / Elaine Abbott and Kathleen Avins -- Art therapy / Caroline Peterson -- Massage therapy and older adults / Eileen Kennedy and Cheryl Chapman -- Daoist spirituality and philosophy: implications for holistic health, aging, and longevity / Amy L. Ai -- Medical acupuncture / James K. Rotchford -- The benefits of qigong / Kevin Chen, Elizabeth R. Mackenzie, and Master FaXiang Hou -- Yoga: an introduction / Robert Butera -- Ayurveda: mother of traditional medicine / Mari Clements -- Meditation and healthy aging / Elaine J. Yuen and Michael Baime -- The concept of spiritual well-being and the care of older adults / Amy L. Ai and Elizabeth R. Mackenzie -- Therapeutic gardens / Jack Carman -- The Eden alternative: nurturing the human spirit in long-term care / Sandy Ransom.

Sommario/riassunto

This new and up-to-the-minute compendium of reliable and authoritative information on complementary and alternative therapies seeks to provide information that older adults may use as they seek to improve their health and quality of life. Covering dietary means; physical, mental, and spiritual methods of treatment; and various types of therapies, this handbook is the most comprehensive and up-to-date resource on complementary and alternative medicine available today.
