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Altri autori (Persone)	MontiDaniel A BeitmanBernard D
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Dietary guidelines for psychiatric patients / Joel S. Edman -- Exercise in the treatment of depressive disorders / Rajnish Mago and Rajeev Mahajan -- The use of nutritional supplements in psychiatric practice / Joel S. Edman and Daniel A. Monti -- Botanicals of interest to psychiatrists / Howard L. Field -- Art therapy in the context of creative expressive therapies / Susan Kaye-Huntingdon and Caroline C. Peterson -- Aromatherapy in psychiatry / Geraldine F. DePaula and Doreen F. Lafferty -- Acupuncture and Chinese medicine / Jingduan Yang and Daniel A. Monti -- The role of chiropractic in mind-body health / Henry Pollard -- Homeopathy and psychiatry / Bernardo A. Merizalde -- Sleep and sleep disorders / Karl Doghramji, George Brainard, and John M. Balaicuis -- Integrative approaches to the management of chronic pain / Lynette Menefee Pujol and Bettina Herbert -- Integrative approaches to brain rehabilitation / Denise E. Malkowicz, Jolene Ross, and James Caunt -- Mindfulness and

mindfulness-based stress reduction / Donald McCown and Diane Reibel -- The neurobiology of meditation / Andrew B. Newberg -- Hypnosis and biofeedback as prototypes of mind-body medicine / Marie Stoner and Linda Shrier -- Facilitating emotional health and well-being / Patricia A. Coughlin -- The interaction of religion and health / Bruce Y. Lee and Andrew B. Newberg -- Synchronicity and healing / Bernard D. Beitman, Elif Celebi, and Stephanie L. Coleman.

Sommario/riassunto

Contemporary psychiatry is a field that is especially conducive to the principles of integrative medicine. With the exception of a few disorders, such as schizophrenia, most psychiatric disorders respond to interventions other than drugs. Patients who have not tolerated or not responded optimally to traditional treatments are also good candidates for integrative treatments. Additionally, herbals such as St. John's wort for the treatment of depression and ginkgo for the treatment of memory impairment in dementia have been found effective in traditional clinical trials. Patients' use of alternat
