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Nota di contenuto	Complementary Therapies and the Management of Diabetes and Vascular Disease; Contents; Preface; Foreword; List of Contributors; Acknowledgements; 1 Introduction to Diabetes; 1.1 Incidence and Prevalence of Diabetes; 1.2 Overview of Diabetes; 1.3 Management Strategies; 1.4 Management Targets and Regimens; 1.5 Short-term Complications; 1.6 Long-term Complications; 1.7 Psychological Aspects; 1.8 Diabetes Management Requires Integrated Approaches; 1.9 People with Diabetes' Needs, Capacities and Resources; 1.10 Health Professionals' Needs; 1.11 Integration - Is It Possible? 1.12 Complementary Therapies1.13 Summary; References; 2 Complementary Therapy Use; 2.1 Introduction; 2.2 Defining Complementary Therapies; 2.3 What Is Traditional Use?; 2.4 Philosophical Basis of CAM; 2.5 Frequency of CAM Use; 2.6 Profile of Likely CAM Users; 2.7 Culture, Health Beliefs and CAM; 2.8 Reported Adverse Events Associated with CAM; 2.9 Summary; References; 3 Complementary Medicine and Safety; 3.1 Introduction; 3.2 Practices; 3.3 Risks and safety; 3.4 Adverse Events; 3.5 Intrinsic and Extrinsic Factors; 3.6 Pre-market Safety Mechanisms; 3.7 Preventing Adverse

Medicine Reactions

3.8 Safety of CM and Diabetes ManagementReferences; 4 Integrating Complementary and Conventional Therapies; 4.1 Introduction; 4.2 What is Integration?; 4.3 Concerns about Integration; 4.4 Benefits of Integration; 4.5 Obstacles to Integration; 4.6 How Can Integration Be Achieved?; 4.7 Current Integrative Models; 4.8 Regulatory Issues; 4.9 Responsibilities of Individual Conventional Practitioners Using Complementary Therapies; 4.10 Evidence-based Care and Clinical Practice Guidelines; 4.11 Guidelines for Patients Using Complementary Therapies; 4.12 Quality Use of Medicines
4.13 Documentation and communication4.14 Adverse event reporting; References; 5 Nutritional Therapies; 5.1 Introduction; 5.2 Nutritional Medicine (NM); 5.3 Nutritional Medicine Assessment Approaches; 5.4 The Zone Diet; 5.5 Total Wellbeing Diet; 5.6 Ketogenic or Atkins Diet; 5.7 Metabolic Typing and ABO Blood Type Diets; 5.8 ABO Blood Type Diet; 5.9 The USDA Food Guide Pyramid; 5.10 Detoxification Diets; 5.11 Nutritional Supplementation; 5.12 Vitamins; 5.13 Minerals; 5.15 Essential Fatty Acids; Gamma-Linolenic Acid and Omega 3 Fish Oils; 5.16 Other Key Nutrients; 5.17 Safe Use of Supplements
References6 Essential Oils (Aromatherapy); 6.1 Introduction; 6.2 Aromatherapy Care Models; 6.3 Essential Oils; 6.4 Essential Oils and Diabetes Education and Management; 6.5 Precautions to Consider When Assessing the Suitability of Essential Oils in Patients with Renal Disease; 6.6 Essential Oil Use; 6.7 Mental Health and Psychological Care; 6.8 Essential Oil Application/Administration Methods; 6.9 Essential Oil Safety Issues; 6.10 Essential Oil - Conventional Medicine Interactions; References; 7 Counselling and Relaxation Therapies; 7.1 Introduction; 7.2 The Body and the Mind
7.3 Diabetes and the Psyche

Sommario/riassunto

This book brings together important information about complementary therapies and how they are used in diabetes care. It addresses the benefits and risks of complementary therapies and takes an evidence-based approach. *Complementary Therapies and the Management of Diabetes and Vascular Disease: A Matter of Balance* provides health professionals with appropriate information about complementary therapies so they can discuss these therapies with their patients and help them make informed decisions about their diabetes care. Managing diabetes depends on achieving life balance, not j
