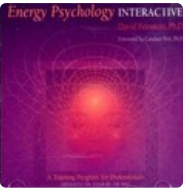




Energy medicine : balancing your body's energies for optimal health, joy and vitality

<https://libcat.nshealth.ca/en/permalink/provcat26145>

Call Number: WB 880 E22 2008 Self Help
Author: Eden, Donna
Other Authors: Feinstein, David
Edition: 10th
Place of Publication: New York
Publisher: Penguin Group
Date of Publication: 2008
Physical Description: 404 p
ISBN: 9781585426508
Subjects (MeSH): Complementary Therapies - methods
Meridians
Format: Book
Location: Nova Scotia Hospital
Copies: 1
Loan Period: 3 weeks



Energy psychology interactive : rapid interventions for lasting change

<https://libcat.nshealth.ca/en/permalink/provcat21481>

Call Number: WM 105 F299e 2004
Author: Feinstein, David
Place of Publication: Ashland, OR
Publisher: Innersource
Date of Publication: 2004
Physical Description: 297 p.
ISBN: 0972520775
Subjects (MeSH): Mind-Body Therapies
Acupressure - methods
Psychophysiology
Complementary Therapies - methods
Meridians
Format: Book
Location: Halifax Infirmary
Loan Period: 3 weeks

Evidence-based Non-pharmacological Therapies for Palliative Cancer Care



<https://libcat.nshealth.ca/en/permalink/provcat32540>

Available Online: View e-Book
Other Authors: Cho, William C.S
Responsibility: William C.S. Cho, editor
Place of Publication: Dordrecht
Publisher: Springer
Date of Publication: c2013
Physical Description: 1 online resource (xi, 280 p. : 29 ill., 18 ill. in color)
Series Vol.: 4
Series Title: Evidence-based anticancer complementary and alternative medicine
ISBN: 9789400758339
Subjects (MeSH): Neoplasms - therapy
Palliative Care - methods
Complementary Therapies - methods
Evidence-Based Medicine
Subjects (LCSH): Oncology
Alternative medicine
Acupuncture
Abstract: Cancer is one of the leading killers in the world and the incidence is increasing, but most cancer patients and cancer survivors suffer much from the disease and its conventional treatments' side effects. In the past, clinical data showed that some complementary and alternative medicine (CAM) possessed anticancer abilities, but some clinicians and scientists have queried about the scientific validity of CAM due to the lack of scientific evidence. There is great demand in the knowledge gap to explore the scientific and evidence-based knowledge of CAM in the anticancer field. With this aim, a book series is needed to structurally deliver the knowledge to readers.

Integrative therapies comprise a variety of non-pharmacological interventions that assist in alleviating physical and psychological symptoms. Apart from being a life-threatening disease, cancer and its therapy are usually associated with a significant deterioration in the quality of life. There is growing evidence that non-pharmacological therapies provide symptom and pain management in cancer palliation. This volume is a specialised book presenting the research evidence relevant to the application of a range of commonly used non-pharmacological interventions in supportive cancer care, including massage, acupressure, Qigong, yoga, mind-body therapy, mindfulness-based intervention, and aromatherapy. A number of scientific researches and clinical studies support that these therapies offer potential beneficial effects for cancer patients in terms of reducing pain, anxiety, and other symptoms. Indeed, non-pharmacological therapies are increasingly gaining acceptance in the healthcare community as complementary to conventional cancer treatments. Most of them are non-invasive, inexpensive, and useful in improving quality of life, and they may be accessed by patients themselves.

Contents: Prelims – An Overview of Non-pharmacological Therapies for Palliative Cancer Care – Effect of Massage Therapy on Anxiety and Depression in Cancer Patients – Effect of Massage Therapy on the Relief of Cancer Pain – The Effect of Acupressure on Chemotherapy-induced Nausea – Effects of Qigong Therapy on Alleviating Symptoms in Cancer Patients: An Overview of Systematic Reviews – Effects of Yoga on the Quality of Life in Cancer Patients – Efficacy of Mind-body Therapy on Stress Reduction in Cancer Care – Effect of Mindfulness-based Interventions in Cancer Care – Aromatherapy, Physical and Movement-based Therapies on Symptom Management for Cancer Patients – Safety and Side Effects of Non-pharmacological Interventions as a Therapy for Cancer – Integrating Non-pharmacological Therapies with Western Medicine in Cancer Treatment.Index.

Format: e-Book

Location: Online



Integrative Cardiology : A New Therapeutic Vision

<https://libcat.nshealth.ca/en/permalink/provcat41356>

Available Online: View e-Book

Other Authors: Fioranelli, Massimo

Responsibility: Massimo Fioranelli

Place of Publication: Cham

Publisher: Springer

Date of Publication: 2017

Physical Description: 1 online resource (xii, 276 pages) : 63 illus., 59 illus. in color

ISBN: 9783319400105
9783319400082 (print ed.)

Subjects (MeSH): Cardiovascular Diseases - prevention & control
Cardiovascular Diseases - therapy
Complementary Therapies - methods
Integrative Medicine - methods

Abstract:	This book is a detailed guide to a new integrative approach to the prevention and treatment of various cardiac disorders and risk factors, including coronary artery disease, congestive heart failure, arrhythmias, dyslipidemia, and hypertension. This approach combines various strategies, including metabolic cardiology, low-dose medicine, exercise programs, stress management programs, evaluation for inherited risk factors, and various other healing modalities. Metabolic cardiology focuses on the prevention, management, and treatment of cardiovascular disease at the cellular level through biochemical interventions with nutritional supplements that can promote energy production in the heart. Low-dose medicine, on the other hand, interprets pathological phenomena as an imbalance in intercellular signaling that may be corrected through the administration of low physiological doses of messenger molecules. Therapies outside of mainstream medicine may also be deployed in integrative cardiology, for example acupuncture, herbal medicine, and homeopathy. Integrative Cardiology will be of interest to all practitioners wishing to learn about an approach that incorporates the incredible advances in medication and technology with a focus on nutrition, lifestyle, and mind–body influences.
Contents:	Part I: The Basis of Integration – 1. Herbal medicine in cardiology – 2. Homeopathy and cardiovascular disease – 3. Low-Dose therapy for the treatment of Low Grade Chronic Inflammation – 4. Acupuncture in cardiovascular diseases – 5. Metabolic cardiology – 6. Medicinal mushrooms – 7. Microbiome and cardiac health – 8. Endocrine system and cardiovascular disease – 9. Cardiovascular Aging – 10. Nutrition and cardiac health – 11. Psycho-neuro-endocrino-immunology paradigm and cardiovascular diseases – 12. The role of stress and emotions in cardiovascular disease: stress management and meditation programs in the prevention and treatment of cardiovascular disease – 13. Ozone therapy as a complementary treatment in cardiovascular disease.– Part II: Integrated Approach to Cardiovascular Disease – 14. Integrated approach to dyslipidemia – 15. Integrated approach to hypertension – 16. Integrated approach to coronary artery disease – 17. Integrated approach to heart failure – 18. Integrated approach to arrhythmias – 19. Integrated approach to oncologic supportive medicine.- 20. Heart and skin : the paradigm of cytokine-mediated cardiovascular metabolic disease in psoriasis.
Format:	e-Book
Location:	Online



Integrative medicine

<https://libcat.nshealth.ca/en/permalink/provcat31903>

Available Online: View e-Book
Other Authors: Rakel, David
Responsibility: [edited by] David Rakel
Edition: 4th ed.
Place of Publication: Philadelphia, PA
Publisher: Elsevier
Date of Publication: c2018
Physical Description: 1 online resource
ISBN: 9780323358682 (electronic bk.)
Subjects (MeSH): Integrative Medicine - methods
Complementary Therapies - methods
Preventive Medicine - methods
Primary Health Care - methods
Subjects (LCSH): Integrative medicine
Medicine - Practice
Integrative Medicine - methods
Complementary Therapies - methods
Preventive Medicine - methods
Primary Health Care - methods
Access: Registration required for PDF access.
Format: e-Book
Location: Online



Integrative Pediatric Oncology

<https://libcat.nshealth.ca/en/permalink/provcat31091>

Available Online: View e-Book
Other Authors: Längler, Alfred
Mansky, Patrick J
Seifert, Georg
Responsibility: Alfred Längler, Patrick J. Mansky, Georg Seifert, editors
Place of Publication: Berlin, Heidelberg
Publisher: Springer
Date of Publication: c2012
Physical Description: 1 online resource (viii, 206 p. : 2 ill., 1 ill. in color)
Series Title: Pediatric oncology (Series)
ISBN: 9783642042010
Subjects (MeSH): Complementary Therapies - methods
Neoplasms - therapy

Subjects (LCSH):	Oncology Pediatrics
Abstract:	<p>This book covers a broad spectrum of complementary and alternative medicine (CAM) practices as part of an integrative pediatric oncology employed worldwide, with a special focus on those methods commonly used in the so-called Western countries. It is a scientifically based, practice-oriented handbook that will meet the needs of pediatric oncologists working in medical practices and hospitals.</p> <p>An introductory section offers a comparative overview of contemporary CAM use in pediatric oncology in different countries and also considers such topics as salutogenic approaches, physician attitudes towards CAM, and epistemological issues around integrative medicine.&nbsp; Commonly used CAM methods are then discussed in a series of individual chapters that provide a theoretical description of the method in question, followed by more practically oriented information, including scientific data if applicable. Special attention is devoted to the question of how to integrate each method into conventional pediatric oncology. The next part of the book discusses aspects of CAM requiring further cultivation, such as institutional research, education and training, and information delivery to parents and children. The book closes with a road map on establishing integrative pediatric oncology worldwide that includes details of existing integrative initiatives in pediatric oncology units.</p>
Contents:	<p>1. Introduction – 2. CAM Use in Pediatric Oncology: What Do We Know in the Year 2012? – 3. Attitudes, Beliefs, and Communication About Complementary and Alternative Medicine Among Oncologists, Pediatricians, and Pediatric Oncologists – 4. Anthroposophic Medicine - 5. Art Therapies Including Music Therapies – 6. Homeopathy – 7. Mind-Body Medicine – 8. Integrative Nutrition and Nutrition/Herbal Supplements – 9. Traditional Chinese Medicine – 10. Botanicals in Pediatric Oncology and the Issue of Botanical/Drug Interactions – 11. Potential Role of Complementary and Alternative Medicine in Pediatric Oncology: The Future of CAM Research – Addressing the “Effectiveness Gaps” – 12. Medical Education in Complementary and Alternative Medicine (CAM): A European Perspective – 13. Communicating CAM: How to Talk to Children and Parents About CAM in Pediatric Oncology – 14. Establishing a Comprehensive Pediatric Integrative Oncology Program – Index.</p>
Format:	e-Book
Location:	Online



Integrative Therapies in Lung Health and Sleep

<https://libcat.nshealth.ca/en/permalink/provcat31015>

Available Online: View e-Book

Other Authors: Chlan, Linda
Hertz, Marshall I

Responsibility: Linda Chlan, Marshall I. Hertz, editors

Place of Publication: New York, NY

Publisher: Humana Press

Date of Publication: c2012

Physical Description: 1 online resource (xv, 327 p. : 62 ill., 4 ill. in color)

Series Title: Respiratory medicine (New York, N.Y.)

ISBN: 9781617795794

Subjects (MeSH): Complementary Therapies - methods
Integrative Medicine - methods
Lung Diseases - therapy
Sleep Disorders - therapy

Subjects (LCSH): Alternative medicine
Pneumology

Abstract: Integrative Therapies in Lung Health and Sleep provides an overview of integrative therapies to assist clinicians caring for patients with acute or chronic lung diseases and sleep disorders—emphasizing the scientific bases for these therapies; and their implementation into clinical practice. This volume focuses on complementary and alternative medicine (CAM) treatments, modalities, and practices that are integrated with conventional medical treatment and for which there is some evidence of safety and efficacy. Whole Medical Systems, with a specific focus on Traditional Chinese Medicine, are also addressed. Individual chapters are devoted to specific health conditions or illnesses, addressing the current state of the science in the four organizing CAM domains, including available information regarding benefits, risks, or safety considerations. Unique aspects of this volume are the chapters related to evaluation of the evidence base for integrative therapies; new animal model research with herbal preparations focused on the serious problem of sepsis in the ICU; guidance for counseling patients with chronic lung illnesses who may be desperate for a cure; and palliative and end-of-life care for patients with chronic lung conditions. Clinicians in various health care settings will find Integrative Therapies in Lung Health and Sleep beneficial in their practice, particularly as the use of integrative therapies becomes more widespread.

Contents: Overview of integrative therapies and healing practices – Evaluation of integrative therapies for research and practice – Integrative therapies in chronic pulmonary conditions – Integrative therapies for people with asthma – Integrative therapies for people with asthma – Integrative therapies for people with chronic obstructive pulmonary disease – Integrative therapies for people with interstitial lung disease, idiopathic pulmonary fibrosis, and pulmonary arterial hypertension – Integrative therapies for people with cystic fibrosis – Integrative therapies for people with lung cancer – Integrative therapies for lung transplantation recipients – Integrative therapies in critical care and sleep disorders – Integrative therapies in the management of critically ill patients – Integrative therapies to promote sleep in the intensive care unit – Future application of integrative therapies for sepsis : bench and experimental animal models – Integrative therapies to manage acute and chronic sleep disorders – Integrative therapies to promote lung health – Integrative therapies for tobacco cessation – Integrative therapies to support palliative and end-of-life care in lung disease – Whole medical systems in lung health and sleep : focus on traditional Chinese medicine – Counseling patients with chronic lung disease : interdisciplinary strategies for reducing distress.

Format: e-Book
Location: Online



Non-drug treatments for ADHD : new options for kids, adults and clinicians

<https://libcat.nshealth.ca/en/permalink/provcat26152>

Call Number: WS 350.8.A8 B879n 2012
Author: Brown, Richard P
Other Authors: Gerbarg, Patricia L
Place of Publication: New York
Publisher: WW Norton
Date of Publication: 2012
Physical Description: 251 p
ISBN: 9780393706222
Subjects (MeSH): Attention Deficit Disorder with Hyperactivity - therapy
Complementary Therapies - methods
Diet therapy - methods
Format: Book
Location: Nova Scotia Hospital
Loan Period: 3 weeks