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1 child's pose 1 min
2 downward facing dog 30s
3 thoracic rotations x12
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practical resource that guides both the clinician and the consumer on complementary and alternative medicine CAM This book answers that call Three noted experts in integrative medicine Drs Brown Gerbarg and Muskin demystify the complexities of alternative mental health care giving readers a comprehensive yet accessible guidebook to the best treatment options out there From mood memory and anxiety disorders to ADD sexual enhancement issues psychotic disorders and substance abuse every chapter covers a major diagnostic category The authors then present a range of complementary and alternative treatments including the use of herbs nutrients vitamins nootropics hormones and mind body practices that they have found to be beneficial for various conditions within each category For example B complex vitamins and folate have been shown to help with depression omega 3 fatty acids can offer relief for bipolar sufferers coherent and resonant breathing techniques used by Buddhist monks induce healthy alpha rhythms in the brain to relieve anxiety the elderly can boost their memory by taking the ancient medicinal herb Rhodiola rosea and those with chronic fatigue syndrome can find comfort in acupuncture and yoga Focusing on evidence based approaches the research the authors clinical experience and the potential risks and benefits of each treatment are carefully examined Brown Gerbarg and Muskin have distilled an otherwise daunting field of treatment down to its basics their overriding approach is to present the CAM methods that are most practical in a clinical setting easy to administer and low in side effects With helpful summary tables at the end of each chapter clinical pearls and case vignettes interspersed throughout this is a must have resource for all clinicians and consumers who want the best that alternative medicine has to offer *Yoga Journal* ,1997-03 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty **Yoga Journal** ,1996 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty **Yoga Journal** ,1996-05 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

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