

Making Complementary Therapies Work for You



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(Jace Gusikowski IV)

MAKING COMPLEMENTARY THERAPIES WORK FOR YOU



Polair Publishing. Paperback. Book Condition: new. BRAND NEW, Making Complementary Therapies Work for You, Gaye Mack, Morgan Hesmondhalgh, The reasons for turning to alternative therapies are many and the number of therapies is bewildering. One thing that is common across the whole field of motive and resource is greater involvement in our own process of getting better. "Making Alternative Therapies Work For You" is a profoundly practical guide that makes the choice simpler and the participation richer. It begins by describing the principles behind these forms of treatment and goes on to describe them by "family" of treatment: the Chinese systems, such as acupuncture; the Indian, or Ayurvedic system, that extends from nutrition to yoga; Western subtle systems like homoeopathy; balancing therapies using massage and energy work; and the communicators between body, mind and spirit such as flower essences. It is not, however, a directory so much as a simple guide to participation. Read "Making Alternative Therapies Work For You" and expect your choice of therapy to be more suited to you and your treatment more beneficial. You will understand better what the therapist is making available to you and your own response will be more perceptive. It will be more in tune with the body's own intelligence. "Making Alternative Therapies Work For You" is also designed for doctors introducing new suggestions for treatment and for therapists themselves, seeking to develop good response and understanding in their clients.



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