

Integrative Medicine: Expert Consult Premium Edition - Enhanced Online Features and Print, 3e (Rakel, Integrative Medicine)

By David Rakel

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
Integrative Medicine: Expert Consult Premium Edition - Enhanced Online Features and Print, 3e (Rakel, Integrative Medicine) By David Rakel

Integrative Medicine, by Dr. David Rakel, provides the practical, evidence-based guidance you need to safely and effectively integrate complementary and alternative medical treatments into your practice. This medical reference book lays the framework for making the best use of these therapeutic modalities and understanding the mechanisms by which these interventions work, keeping you at the forefront of the trend toward integrative health care.

- Incorporate therapeutic integrative medicine modalities into clinical practice through the "Tools for Your Practice" section that offers how-to application for recommending meditation, prescribing probiotics, and how to do an elimination diet.
- Apply integrative treatments for a full range of diseases and conditions including autism, stroke, chronic fatigue syndrome, and various forms of cancer...see how to advise patients on health maintenance and wellness...and get valuable advice on topics such as meditation, diet, and exercises for back pain.
- Avoid potential complications with recommended dosages and precautions.
- Enhance patient care with therapy-based guidance and printable patient education guides.
- Implement proven integrative treatments for various diseases thanks to an evidence-based therapeutic approach.
- Weigh the likely effectiveness of various treatments vs. their potential harm with helpful icons based on the SORT (Strength of Recommendation Taxonomy) method.
- Validate potential interventions through the latest research in genomics and advanced imaging technologies, such as MRI.
- Access the full text, image bank, downloadable Patient Education Guides, and video collections online at www.expertconsult.com.

Rakel provides evidence-based guidance to apply integrative medicine in clinical care.

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Editorial Review

Review

"One of the more imaginative tools this book uses is an icon estimating the evidence base versus the potential harm of a proposed therapy - a quick intuitive warning for clinicians. This is an extraordinarily valuable book on many levels. I have encountered patients with preconceived ideas of what supplements they wish to take, often in very high dosages. For those wishing to take an integrative approach, this book outlines the correct dosages, contraindications, and other considerations. I highly recommend this book to every clinician who may be questioned by a patient interested in a specific therapy or who is considering adding these therapies."

- Vincent F Carr, DO, MSA, FACC, FACP, Uniformed Services University of the Health Sciences

5 Star - Doody's Rating, March 2013

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Marshall Jackson:

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