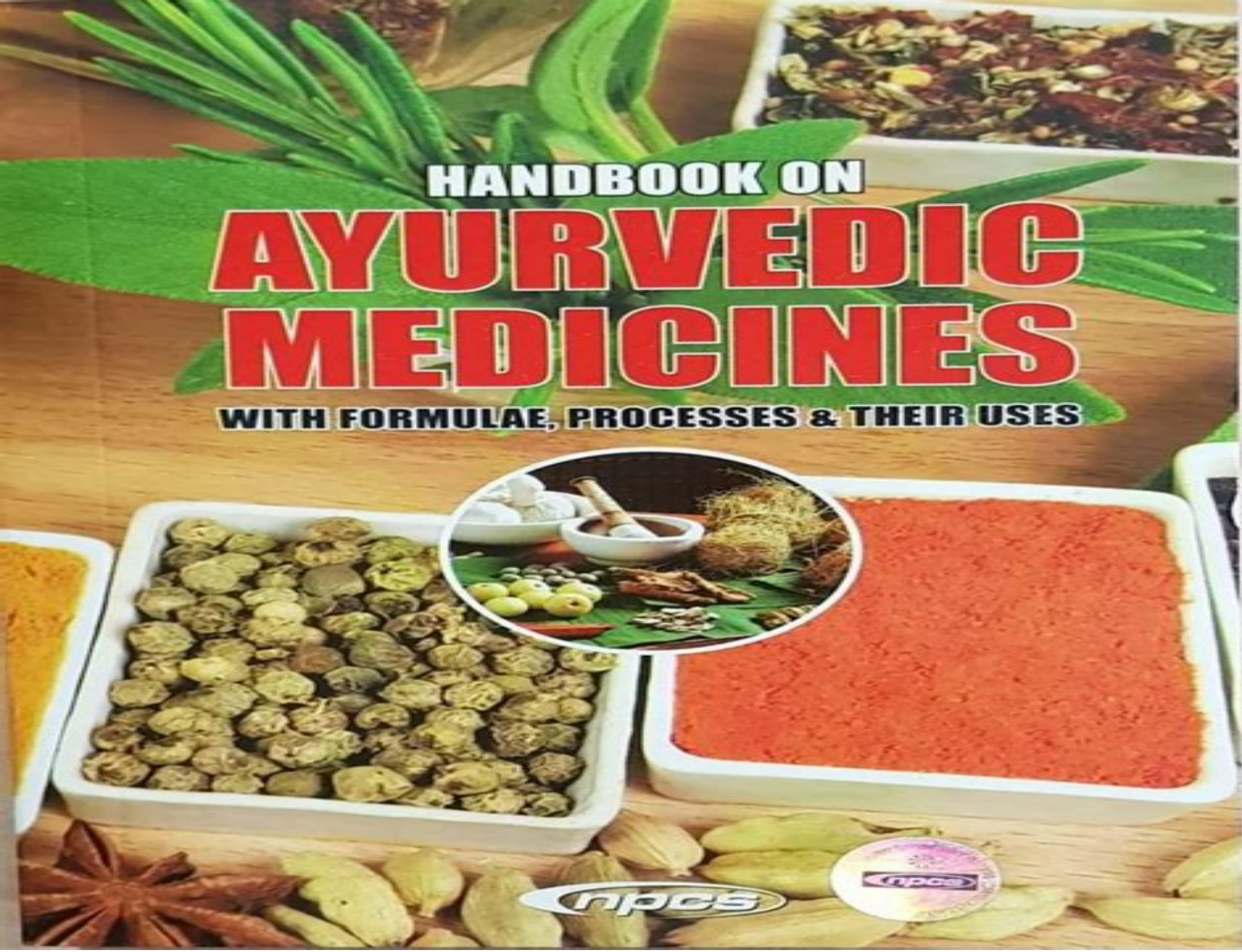


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modalities including history philosophy basic techniques and methods and provides information on career and training opportunities *Pharmacotherapeutics For Advanced Practice Nurse Prescribers* Teri Moser Woo, Marylou V Robinson, 2015-08-03 This exceptional text builds your knowledge of pharmacology by first providing an overview of pharmacologic principles and then teaching you how to apply those principles to clinical practice Focusing on applying pharmacologic scientific knowledge to clinical practice it explains diagnostic and treatment reasoning and rational drug selection while providing useful clinical pearls from experienced practitioners *Discovering the True You with Ayurveda* Sebastian Pole, 2013-12-31 Also known as the science of life Ayurveda is a complete system of knowledge that deals with physical health mental balance spiritual well being social welfare relationships environmental issues dietary and lifestyle habits as well as the treatment of specific ailments This deep knowledge has been passed down to us through the last fifty generations of Ayurvedic teachers in India and its reputation is now growing internationally as a rich coherent and effective system of natural living and healing *Discovering the True You with Ayurveda* guides readers to optimum health and happiness through the seven pathways of Ayurveda Beginning by helping you to discover your natural constitutional type the book gives recommendations on the diet exercise and mental and spiritual outlook that you as an individual will benefit from With your new understanding of your true constitution you can use the information in *Discovering the True You with Ayurveda* to tailor a lifestyle and fitness program that works on all levels so you can live a truly authentic life In all the essential aspects of contemporary life from the food you eat to the work you do from the relationships that sustain you to the natural world that nurtures you it can guide you to health and happiness by teaching you how to fulfill your potential empower yourself and find meaning and purpose in everything you do The book is divided into chapters relating to a specific area of wellbeing Constitution Nourishment Cleansing Rejuvenation Strength and Stillness Ecology and Relationship Author Sebastian Pole an experienced Ayurvedic practitioner packs the book with philosophical insights dietary and nutritional information massage and rejuvenation plans meditation and yoga exercises and Indian parables to illustrate Ayurvedic principles and impart some of its cultural background The book also includes the Pukka Pantry an appendix of Ayurvedic herbs and their benefits *The Spiritual Dimension of Alternative Medicine* Ernest M. Valea, 2020-02-20 We often hear that alternative medicine is superior to classical medicine for it treats us holistically both the physical body and the immaterial part of our nature Although such an approach seems desirable it is precisely this aspect that opens the door to spiritual views incompatible with Christianity Many forms of alternative medicine speak of a divine essence we allegedly possess of a vital force that we can manipulate of spiritual beings that can help us and other such views closely related to Eastern religions and New Age thought In their desire to find healing at any price Christians often resort to these methods without realizing the spiritual danger involved For Christians who want to live consistently with their faith this book is intended to raise awareness of the hidden beliefs of alternative medicine **Medical and Health Care Books and Serials in Print** , 1997

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