

AMERICA'S MOST COMMON AILMENT

SINUS SURVIVAL

R E V I S E D

**A Self-Help Guide
for Allergies, Bronchitis,
Colds, and Sinusitis**

Dr. Robert S. Ivker

Foreword by Gilbert W. Levitt, M.D.

Sinus Survival

Robert S. Ivker



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Sinus Survival Robert S. Ivker, 2000-09-25 *Sinus Survival* provides crucial guidance and information on such topics as how to select over the counter drugs that won't do more harm than good how to learn simple exercises that can aid sinus drainage and how dietary and lifestyle changes can significantly relieve sinus and respiratory disease **Sinus Survival** Robert S. Ivker, 1994-03-01 Dr Ivker shares the practical diagnostic tips and remedies that enabled him to successfully treat more than 20 000 sinus patients Readers learn about the factors that cause sinusitis how drugs can affect their sinuses the effects of diet environment and emotions and more **Sinus Survival** Robert S. Ivker, 1992 For the 30 million American sinus sufferers Dr Ivker offers practical diagnostic tips a variety of treatment alternatives including traditional and holistic techniques and preventive recommendations He also details the potential hazards of breathing polluted air and presents steps that readers can take to protect themselves *Sinus Survival* Robert S. Ivker, 1988-12 **Integrative Medicine** David Rakel, 2007-01-01 Drawing on solid scientific evidence as well as extensive first hand experience this manual provides the practical information you need to safely and effectively integrate complementary and alternative treatment modalities into your practice It explains how alternative therapies can help you fight diseases that do not respond readily to traditional treatments presents integrative treatments for a full range of diseases and conditions including autism stroke chronic fatigue syndrome and various forms of cancer explores how to advise patients on health maintenance and wellness and offers advice on topics such as meditation diet and exercises for back pain 24 new chapters a new organization make this landmark reference more useful than ever Provides dosages and precautions to help you avoid potential complications Delivers therapy based pearls to enhance your patient care Facilitates patient education with helpful handouts Offers helpful icons that highlight the level and quality of evidence for each specific modality Includes bonus PDA software that lets you load all of the therapeutic review sections onto your handheld device Presents a new organization with numerous section headings and subheadings for greater ease of reference Provides additional clinical practice and business considerations for incorporating integrative medicine into clinical practice [The Bible Cure for Colds, Flu and Sinus Infections](#) Don Colbert, 2004 The Bible Cure for Colds and Flu discusses how to diminish symptoms and contamination Readers will find helpful alternative medical information together with uplifting and faith building biblical truths **Cannabis for Chronic Pain** Rav Ivker, 2017-09-12 The first authoritative and comprehensive guide for treating chronic pain with medical marijuana from a holistic family physician who has treated more than six thousand chronic pain patients with cannabis While the number of patients using medical marijuana increases every year misconceptions about cannabis and whether it's harmful or dangerous still exist In *Cannabis for Chronic Pain* Dr Rav explains the potential of marijuana's capacity for healing anyone afflicted with chronic pain Medical marijuana is a safe non addictive alternative to dangerous opiate pain pills Along with sharing his own story of using medical marijuana to heal from a severe case of shingles Dr Rav guides you through the cannabis and holistic treatment for

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the mechanisms by which these therapeutic modalities work keeping you at the forefront of the trend toward integrative health care Templated chapters make it quick and easy to find key information such as dosing pearls the Prevention Prescription and Therapeutic Reviews that incorporates the Evidence vs Harm Icon Uses the reliable SORT method Strength of Recommendation Taxonomy to provide evidence based ratings grading both the evidence and the relative potential harm Thoroughly updated ensuring that you remain well informed regarding the latest evidence Contains 10 new chapters covering clinician resilience supporting immunity NASH fatty liver hair loss rethinking the movement prescription compassion practices prescribing low dose naltrexone psychedelics tapering off PPIs and opioids as well as an expanded osteopathy chapter Covers timely topics aimed at reducing the epidemics of polypharmacy and opioid overuse as well as supporting immunity in the face of infectious diseases Provides online access to multiple choice questions for every chapter perfect for board exam review Enhanced eBook version included with purchase Your enhanced eBook allows you to access all of the text figures and references from the book on a variety of devices

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