



Holistic Health Handbook (Overcoming Common Problems)

Mark Greener

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Integrative medicine is increasingly part of mainstream practice in, for example, palliative care and management of cancer, pain, heart disease and mental illnesses. This book explores the ethos that underpins the Sheldon list - how self-help works, particularly in the realm of chronic conditions. It examines the evidence supporting complementary therapies and how to use them safely. Numerous studies attest to the therapeutic benefits offered by various approaches to augment conventional medicine. The book deals with these topics by focusing only on evidence in the scientific and medical literature. Topics include: • The biomedical model and beyond • The placebo enigma • Spirituality in medicine • How complementary therapy can help - and why • Lifestyle changes • The role of companions in health recovery

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