

Ayurveda, the Science of Self-healing: A Practical Guide

Lad, Vasant

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Ayurveda Science Healing Practical Guide

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[Medical and Health Care Books and Serials in Print](#) ,1997 *New Our Bodies, Ourselves* Angela Phillips,Jill Rakusen,Boston'S Women'S Health Book Collective Staff,1989-11 **Hormone Replacement Therapy** Linda Laucella,1997 Written in an easy to follow question and answer format Hormone Replacement Therapy offers practical advice that helps women determine if and how HRT will benefit them and encourages them to consult a doctor when considering nontraditional treatments Explains the positive benefits of hormones as well as its side effects Explores alternative treatments Expanded information on how to incorporate non drug therapies and lifestyle changes into a

healthcare program *Nurse's Handbook of Alternative & Complementary Therapies* ,1999 This concise practical handbook helps nurses understand and benefit from today s most notable health care trend the use of alternative approaches to enhance wellness and overcome disease It also discusses their roles in delivering various alternative methods and offers a knowledge base that is open minded yet upholds the standards of professional nursing

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