This book includes resources offered to empower the clinician with greater access to the therapies of complementary medicine. Expanding the continuum of care to include lifestyle and complementary therapies can provide additional tools to address the health concerns that challenge today's patients.

This book takes an evidence-based approach to the fields of:
* Nutrition
* Medicinal and Therapeutic Exercise
* Mind-Body Therapies
* Clinical Massage
* Acupuncture
* Chiropractic
* Herbal Therapy
* Integrative and Holistic Medicine
* Health Promotion
* Self-Care

In addition to overviews of the disciplines, key information is included:
* Research on Mechanisms, Safety, Effectiveness
* Clinical Strategies
* Practice Management
* Strategic Planning
* Implementing New Services and Programs
* Making Referrals to Complementary Therapies
* Building a Virtual Referral Network

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