The seventh edition of this highly acclaimed book continues to deliver evidence-based practice guidelines for the use of complementary and alternative therapies in nursing.

It is the only book about complementary/alternative therapies that is focused on nursing, has chapters that examine specific therapies along with guidance for their implementation, and addresses therapies through a cultural/international lens. It reflects the rapid expansion of research on many complementary therapies and the exponential increase in the use of these therapies in the United States and globally. This new edition satisfies the recent requirement by the AACN for knowledge of complementary therapies as essential content for BA and Post-BA programs and will assist students in their study for NCLEX-RN test items regarding complementary therapies.

New to this edition:
- Completely updated research-related contents
- A focus on the international use of alternative/complementary therapies
- Incorporates new information from the National Center for Complementary/Alternative Medicine including their most recent classifications for complementary therapies
- New content on cultural therapies that nurses may encounter
- Technology and complementary therapies
- New information on precautions and potential interactions
- Instruction techniques for each therapy in exhibit form
- Legal concerns regarding the use of complementary therapies
- New references providing cutting edge content