

<<(非传统养生秘诀)What Your Doctor Hasn ' t Told You And The Health Store Clerk Doesn ' t Know>>

图书基本信息

书名：<<(非传统养生秘诀)What Your Doctor Hasn ' t Told You And The Health Store Clerk Doesn ' t Know>>

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内容概要

A discerning guide to alternative therapies for common health problems. Millions of Americans turn to alternative medicine to treat chronic health problems when conventional medicine fails. Yet few doctors-or health store clerks and alternative practitioners-know what treatments are safe and effective. In this book, Edward Schneider, a leading researcher and clinician at the University of Southern California, arms readers with an overview of the latest medical research, then offers a proven formula for the best integrative therapy available to treat the most common health issues. From supplements and herbs, to acupuncture and yoga, *What Your Doctor Hasn't Told You and the Health Store Clerk Doesn't Know* outlines the myriad therapies used for: - sleep problems - joint, back, and neck pain - depression and anxiety - PMS and menopause - prostate health - heart disease and cancer - memory loss, and more. An authoritative yet friendly guide, complete with hard-to-find dosage guidelines and advice on what therapies are just not worth your money, and packed with the type of information readers can take to the health store aisles and to their doctor, this book is essential reading for anyone considering alternative remedies

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作者简介

Edward L. Schneider, M.D., one of the nation's leading experts on aging, and currently dean emeritus in gerontology at the University of Southern California, Los Angeles, as well as a practicing clinician, was formerly the deputy director of the National Institutes of Health's Institute on Aging. He has edited eleven books and written more than 180 scholarly articles. His television appearances include 20/20, Good Morning America, 48 Hours, and Larry King Live, and he is often quoted in such publications as Newsweek, Time, The New York Times, and The Wall Street Journal.

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书籍目录

Preface : You Need This Book!1 Shopping Smart for Alternative Medicine2 Joint Pain: Improving Function,Easing Discomfort3 Back on Track: Relief for Back and Neck Pain4 Satisfying Sleep5 Taming Depression and Anxiety6 PMS: Natural Symptom Relief7 Making Menopause More Comfortable8 Revving Up Male Libido9 Improving Prostate Health10 Preventing Heart Disease and Stroke11 Boosting Brain Function12 Cancer Prevention and Treatment13 The Longevity Top TenAppendix:Take This to Your DoctorIndexAbout the Authors

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名人推荐

Aging boomers eager for answers to health-care questions couldn't ask for a better guide to the best treatments than Schneider, a practicing clinician and dean emeritus of USC's Andrus Gerontology Center. Evaluating the latest medical research on topics ranging from arthritis, depression, menopause and male libido to heart disease, brain function and cancer, Schneider (*The Longevity Quotient*) outlines his recommendations for a combination of conventional and alternative treatments. Though recent studies have shown that some of the supplements that he and others advocate (saw palmetto for prostate problems and glucosamine and chondroitin for joint pain) can be ineffective, the use of these are, in general, just a small part of Schneider's comprehensive wellness program. All chapters are easy to navigate and well organized, and feature not only useful "to dos" but a number of "how tos" (relaxation response for sleeplessness, for example). When dealing with insomnia, he suggests an exercise program and good "sleep hygiene" (firm mattress, no caffeine) and discusses various nonaddictive prescription drugs (including dosage and side effects). Overall, Schneider's balanced view of integrative therapies and his great fund of practical and medical advice are both reassuring and invigorating. (June) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

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