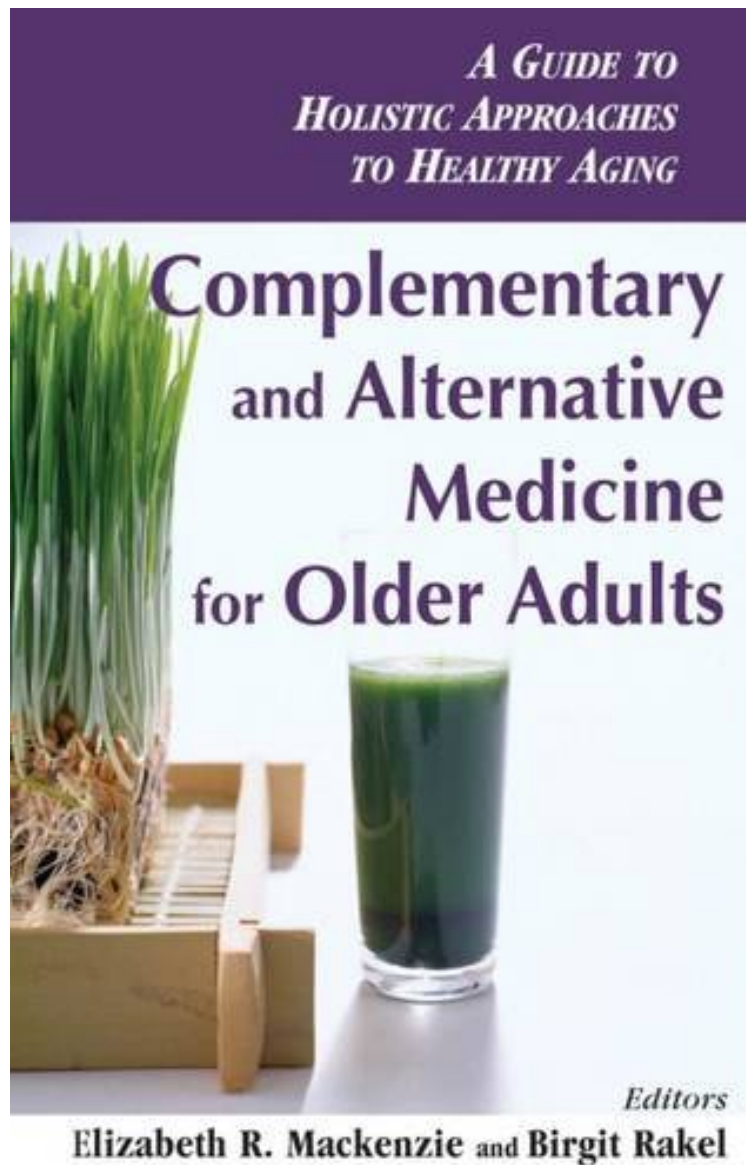


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## Complementary and Alternative Medicine for Older Adults: Holistic Approaches to Healthy Aging

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The field of Complementary and Alternative Medicine (CAM) is expected to grow tremendously in the next few years. In addition to an increase in the general population, the baby-boomer generation is quickly entering retirement and will likely take advantage of CAM increasingly as it ages. Although CAM research as applied to aging is just beginning and health professionals receive no special training in CAM and aging, the United States population still continues to employ it. For diagnoses that accompany aging such as cancer, neurological diseases, psychiatric disorders, and physical disabilities, CAM has often been used in addition to or in place of unsuccessful conventional methods of treatment. This new and up-to-the-minute compendium of reliable and authoritative information on complementary and alternative therapies seeks to provide information that older adults may use as they seek to improve their health and quality of life. Covering dietary means; physical, mental, and spiritual methods of treatment; and various types of therapies, this handbook is the most comprehensive and up-to-date resource on complementary and alternative medicine available today. Each chapter or article includes: Brief definition of modality Anecdotal reports of usefulness Discussion of scientific evidence for and against modality List of resources that reader can use to find further information Examples of therapies covered include: Art Music Massage Acupuncture Meditation Homeopathy Ayurveda Aromatherapy

"This wonderful little book...concentrates on complementary and alternative medicine (CAM)...Each of 16 chapters discusses a different CAM modality, and is written by an expert in the field. Each provides a superb overview and is highly referenced....This book is not an in-depth resource....It is, however, a much more portable and useful guide for physicians, nurses, social workers, and patient educators, as they seek to provide information to older persons. Highly recommended."--Choice "This is the most useful description and discussion of complementary and alternative medicine I have encountered. This excellent book deserves a wide readership."--Doody's Service "...a timely addition to the literature on complementary and alternative medicine (CAM). It has been edited by two highly skilled and knowledgeable professionals in CAM research and practice with contributions from a national sample of recognized experts in relevant fields. This important topic should be given a wide audience."--From the foreword by Marc S. Micozzi, MD, PhD, Director, Policy Institute for Integrative Medicine, Thomas Jefferson University Hospital "The book is most appropriate as an introductory text for non-CAM healthcare professionals who work with older adults."--Karen B. Schmalting and Sandi J. Lane, from PsycCRITIQUES From the Publisher "Complementary/Alternative Therapies in Nursing, Fifth Edition, guides nurses in the art and science of holistic nursing and healing. It builds upon and extends previous editions with the essential philosophical knowledge, self as healer, and current evidence-based practices. The book's six parts -- foundations for practice, mind-body-therapies, energy and biofield therapies, manipulative and body-based therapies, biologically based therapies, and perspectives on future research and practice -- assist nurses with a clear way to organize their knowledge and how to educate patients about complementary and alternative therapies. It is crucial that nurses continue to become more informed about complementary and alternative therapies so they may safely and appropriately become integrated into current nursing practice, education, and research." Barbara Dossey, PhD, RN, AHN-BC, FAAN Director, Holistic Nursing Consultants Santa Fe, New Mexico Author, Florence Nightingale: Mystic, Visionary, Healer Co-Author, Holistic Nursing: A Handbook for Practice Florence Nightingale Today: Healing, Leadership, Global Action From the Back Cover "The field of Complementary and Alternative Medicine (CAM) is expected to grow tremendously in the next few years. In addition to an increase in the general population, the baby-boomer generation is quickly entering retirement and will likely take advantage of CAM increasingly as it ages. Although CAM research as applied to aging is just beginning and health professionals receive no special training in CAM and aging, the United States population still continues to employ it. For diagnoses that accompany aging such as cancer, neurological diseases, psychiatric disorders, and physical disabilities, CAM has often been used in addition to or in place of unsuccessful conventional methods of treatment. This new and up-to-the-minute compendium of reliable and authoritative information on complementary and alternative therapies seeks to provide information that older adults may use as they seek to improve their health and quality of life. Covering dietary means; physical, mental, and spiritual methods of treatment; and various types of therapies, this handbook is the most comprehensive and up-to-date resource on complementary and alternative medicine available today. Each chapter or article includes: Brief definition of modality Anecdotal reports of usefulness Discussion of scientific evidence for and against modality List of resources that reader can use to

find further information Examples of therapies covered include: Art Music Massage Acupuncture Meditation  
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