

# Complementary and Integrative Therapies for Cardiovascular Disease

Frishman, William H, author

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## Abstrak

Complementary and Integrative Therapies for Cardiovascular Disease is the first text to discuss all the major Complementary and Alternative Medicine (CAM) practices that have been used for cardiovascular disease prevention and treatment. The book includes discussions of the potential benefits and risks of alternative therapies for treatment and prevention of cardiovascular disease, as well as their integration into standard medical care. Therapies covered include the use of nutraceuticals (vitamins, amino acid, and natural antioxidants and minerals), herbal remedies (plus potential herbal remedy-drug interactions), various psychological and relaxation approaches (mind/body therapies, hypnosis, biofeedback and cognitive therapy, etc.), various alternative medicine disciplines (including QiGong and TaiChi, Ayurveda and Yoga), Native American practices, homeopathy, osteopathy, and specific modalities (such as acupuncture, auriculotherapy, chelation, aromatherapy, music therapy, sauna, meditation and prayer, animal-assisted therapy, Shiatsu and massage, magnetotherapy, and spinal cord stimulation). Chapters on specific approaches and therapies are organized to discuss the history and rationale behind each alternative practice, the strengths and weaknesses of the available clinical studies, the potential risks and benefits, and how the therapy might be integrated into a conventional medical practice.