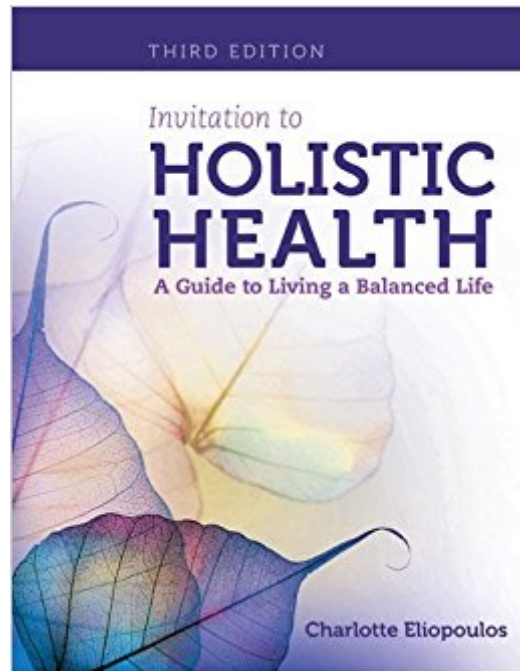


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# Invitation To Holistic Health: A Guide To Living A Balanced Life



## Synopsis

Invitation to Holistic Health: A Guide to Living a Balanced Life provides solid principles and proven measures to promote optimal health and well-being using a holistic approach. Divided into three parts: Strengthening Your Inner Resources, Developing Health Lifestyle Practices, and Taking Charge of Challenges to the Mind, Body, and Spirit, this easy-to-read guide it provides how-to information when dealing with a variety of health-related issues that includes, but is not limited to, nutrition, exercise, herbal remedies, and homeopathic remedies. The Third Edition as been completely revised and includes current research on the effectiveness and safety of herbs and other complementary and alternative medicine therapies. The chapter on Menopause has been updated to reflect current thinking about the safe use of estrogen replacement, soy products, and other approaches to manage symptoms and new suggested readings and resources have been provided for further exploration into topics.

## Book Information

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## Customer Reviews

I bought this book for a college level class. I am totally stoked to finally have a book that is useful beyond the class. Especially interesting are the chapters on aromatherapy and herbal medicine. This is not a waste of money, like many of my college textbooks have been!

One of my very FAVORITE textbooks in graduate nursing school! One which will always have a place of honor on my bookshelf!

Bought this book for my class, but I've honestly enjoyed it on my personal time too! It's got loads of great information if you're interested in Holistic Health!

helpful

Great

This book touches on many areas of holistic health. I had to have it for a text for my Holistic Health class but it was so good, I read it cover to cover! I will be keeping it at work for reference information to share with my clients.

The book was in excellent condition

I loved the book. I was always interested in holistic medicine so this just gave me a broader perspective of what is available out there.

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