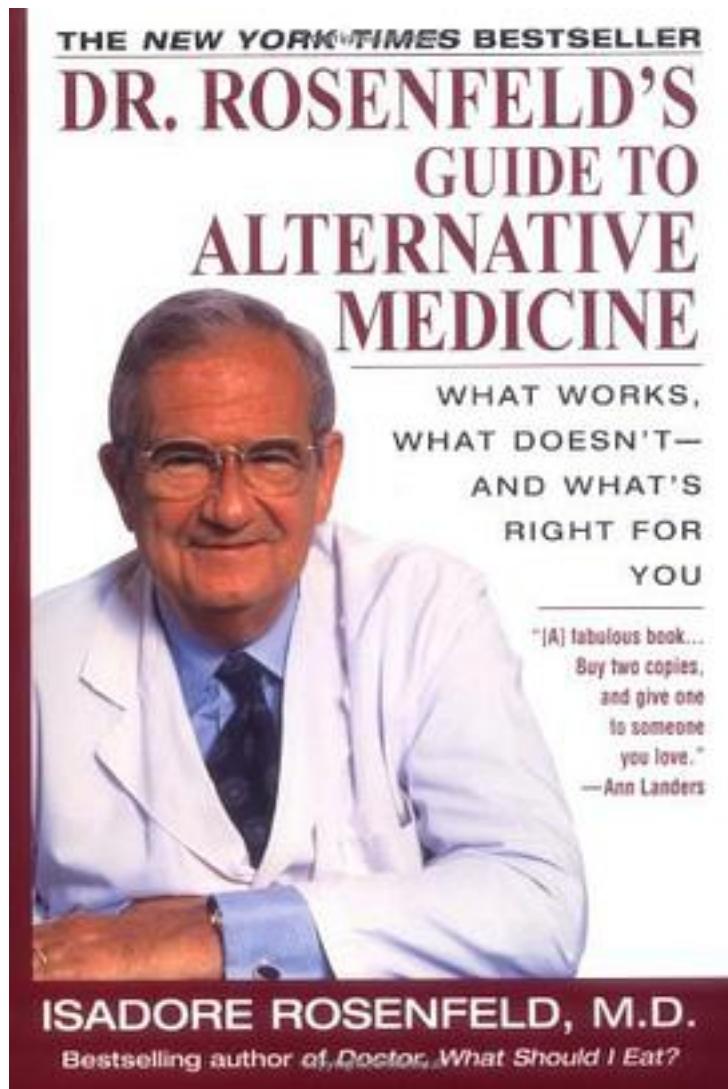


Dr. Rosenfeld's Guide to Alternative Medicine



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For those curious, confused, or downright leery about alternative medicine, the open-minded, plainspoken Rosenfeld offers some sound information.

--Publishers Weekly

Here at last is an authoritative, comprehensive look at the controversial field of alternative medicine. A distinguished and experienced clinician, Dr. Isadore Rosenfeld reviews the track records of dozens of widely used alternative therapies, including acupuncture, aromatherapy, homeopathy, hypnosis, and reflexology. For each approach, he describes how it is used, the theories on which it is based, how much scientific evidence exists to support claims for it, and--perhaps most important--whether it actually works. With wit and candor he explains

How claims made by some alternative practitioners may be valid even though they cannot be proven by the scientific method

How hypnosis can be used to treat "physical" conditions like asthma as well as emotional disorders

Which herbal preparations should be added to, or even replace, conventional drugs

Why you should try to have acupuncture immediately after a stroke

How certain aromas can help claustrophobia, improve your sex life, and help you sleep

Why fasting can be good for your spirit but bad for your health

作者介绍:

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