



American Holistic Nurses' Association Guide to Common Chronic Conditions: Self-Care Options to Complement Your Doctor's Advice

Carolyn Chambers Clark

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go beyond standard medical treatment to treat yourself to wellness

Suffering from a serious condition? Do you have questions that your doctor may not have answered-and are you wondering if you're doing everything you possibly can to get and stay well?

Turn to this authoritative, compassionate resource when you're seeking further guidance and reassurance.

Written by a certified holistic nurse and approved by the most respected professional association of holistic nurses, American Holistic Nurses' Association Guide to Common Chronic Conditions offers a blend of traditional, alternative, and complementary advice that works in conjunction with your doctor's care. Based on the latest scientific research, this holistic self-care guide covers twenty chronic conditions, providing you with the total picture of your condition and explaining in clear, friendly language what you can do to complement your doctor's prescribed treatment. Holistic nurses engage in therapeutic partnerships with their clients, and this book will work with you to help you understand your condition and teach you specific, safe actions you can take to feel better and improve your health.

- * Offers a host of self-care measures
- * Presents thorough explanations of each condition, from diagnosis to enhanced wellness
- * Addresses side effects and reactions to medicines, treatments, and surgery
- * Includes cutting-edge research that supports each self-care approach

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Dennis Rodriguez:

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