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Complementary Therapies: The Essential Guide

By Antonia Chitty, Victoria Dawson

Need2Know. Paperback. Book Condition: new. BRAND NEW, Complementary Therapies: The Essential Guide, Antonia Chitty, Victoria Dawson, More and more people in the UK are turning to complementary therapies in order to relieve stress, aid relaxation or gain relief from illness. The selection of complementary therapies available can be baffling to someone who has no prior knowledge of the techniques, where they come from and what they are most beneficial for. This practical guide brings together expert advice, the latest research and the facts about the most commonly used complementary therapies. Therapies covered include: acupuncture, aromatherapy, chiropractice, herbalism and Chinese medicine, homeopathy, hypnotherapy, massage, osteopathy, reiki and reflexology. For each therapy, there is information on its history, what the treatment involves and what it can be used for. The book explores the general benefits, scientifically proved benefits and anecdotal benefits of each therapy included to ensure a balanced and realistic view of each treatment. There are also dedicated sections in each chapter on how a particular therapy can be especially useful if you are pregnant, elderly, or a parent wanting treatment for your child.



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Reviews

Complete guideline! Its this type of great read through. it absolutely was writtern quite perfectly and helpful. I am very happy to explain how this is basically the best book i actually have read through during my personal life and can be he very best book for at any time.

-- **Joshua Gerhold PhD**

A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.

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