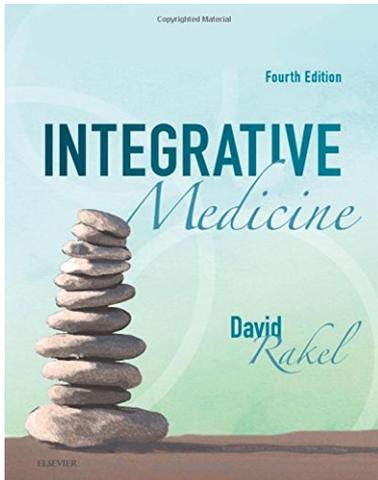


# [PDF] Integrative Medicine, 4e

David Rakel MD - pdf download free book

---



#### Books Details:

Title: Integrative Medicine, 4e

Author: David Rakel MD

Released:

Language:

Pages: 1152

ISBN: 0323358683

ISBN13: 9780323358682

ASIN: 0323358683

[\*\*CLICK HERE FOR DOWNLOAD\*\*](#)

---

pdf, mobi, epub, azw, kindle

#### Description:

Stay on the cutting edge of today's most promising trends in complementary and alternative medical treatments with Dr. David Rakel's *Integrative Medicine, 4th Edition*. Written by physicians who are experts in both traditional and integrative medicine, this **highly regarded, evidence-based** reference covers therapies such as botanicals, supplements, mind-body, lifestyle choices, nutrition, exercise, spirituality, and more. *Integrative Medicine, 4th Edition* uses a clinical, disease-oriented approach, offering practical guidance for reducing costs and improving patient care.

- Helps you **safely and effectively incorporate complementary and alternative therapies into your everyday practice**, while focusing on prevention and wellness for a better quality of life.
- **Uses the reliable SORT method** (Strength of Recommendation Taxonomy) to

provide evidence-based ratings, grading both the evidence and the relative potential harm.

- Explains how to make the best use of integrative medicine and the mechanisms by which these therapeutic modalities work, **keeping you at the forefront of the trend toward integrative health care.**
  - **Expert Consult™ eBook version included with purchase.** This **enhanced eBook experience** allows you to search all of the text, figures, videos, and references from the book on a variety of devices.
  - Includes **13 brand-new chapters**, covering hot topics such as personalized medicine, MTHFR mutation, food allergy and intolerance, the gut-immune influence on systemic inflammation and disease, chelation therapy, testosterone deficiency, adrenal fatigue, and much more.
  - Features **more than 100 significantly revised chapters** and **hundreds of new figures and tables** throughout.
  - Provides **online access to new multiple-choice questions** for every chapter, perfect for board exam review - plus downloadable Patient Education Guides and video collections.
- 

- Title: Integrative Medicine, 4e
  - Author: David Rakel MD
  - Released:
  - Language:
  - Pages: 1152
  - ISBN: 0323358683
  - ISBN13: 9780323358682
  - ASIN: 0323358683
-