

# Complementary Health for Women: A Comprehensive Treatment Guide for Major Diseases and Common Conditions

Carolyn Chambers Clark EdD ARNP FAAN

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The volume features extensive references throughout to document evidence-based practices...For practitioners of complementary therapies this is a useful resource...that provide[s] more in-depth understanding of each condition and therapy. Summing up: recommended."

--Choice

Carolyn provides a foundation for healthy sharing and decision making.

-- C. Norman Shealy, MD, PhD

Holos University Graduate Seminary

Complementary and alternative therapies have become increasingly popular in the West, but to date no book has served as a practical, how-to guide for administering complementary therapies specifically for women.

This authoritative guidebook documents all the nonmedical approaches nurses will need when treating women with functional complaints, diseases, and disorders, including depression, breast cancer, menopause, pregnancy, and more. For each condition and disease, Clark outlines expected responses, cautions, assessments, tips for treatment, and additional references.

#### **Key Features:**

- Offers extensively detailed case studies
- Conveniently organized in alphabetical order by condition or disease
- Features tables comparing various complementary approaches to specific diseases
- Lists available products and training programs for each disease or condition
- Contains cutting-edge research on nonmedical therapies and advice for counseling women
- Essential for all levels of nurses working with women, this book provides an invaluable wealth of information on complementary health and treatment for women.



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