



# **Integrative Rheumatology (Weil Integrative Medicine Library)**

*Randy M.D. Horwitz, Daniel M.D. Muller*

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*Integrative Rheumatology* offers a new and much-needed perspective in disease and symptom management, blending conventional medicine with alternative approaches not typically included in a Western medical practice. While conventional treatments can provide considerable symptomatic relief and can even slow the progression of many rheumatologic conditions, integrative treatment incorporating lifestyle interventions, mind-body approaches, and practices such as acupuncture and meditation into conventional medical therapies can improve quality of life, reduce medication dosages, and are generally better tolerated. In this book, researchers and clinicians highlight specific gaps in conventional rheumatologic care and examine how alternative approaches may be ideally suited to address these missed opportunities. Here, the authors introduce topics not typically addressed in conventional rheumatology texts, including nutritional therapies, exercise, herbal medicine, mind/body approaches, Ayurveda, and energy medicine. The contributors, all of whom have a background in academic medicine, share the approaches that they have found most effective in their own practices, basing their work on the best scientific evidence available. Ultimately, an understanding of complementary and alternative approaches to healing can help clinicians care for their patients using the best proven therapies to modify disease progress and relieve pain and disability.

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