

A Clinical Guide To Blending Liquid Herbs

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Women's Health Aromatherapy
A Clinical Guide to Applied Dental Materials E-Book
Focusing in Clinical Practice: The Essence of Change
Chinese Medicine Psychology
Endocrine and Metabolic Medical Emergencies
Veterinary Herbal Medicine E-Book
The Science and Technology of Flexible Packaging
Cognitive Behaviour Therapy
Supporting and Educating Traumatized Students
Blending Play Therapy with Cognitive Behavioral Therapy
The Clinical Guide to Assessment and Treatment of Childhood Learning and Attention Problems
Treating Psychosis
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A Clinical Guide to the Treatment of the Human Stress Response
Clinical Naturopathy
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The Complete Book of Essential Oils and Aromatherapy
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Fundamentals of Pharmacognosy and Phytotherapy E-Book

A Clinical Guide to Blending Liquid Herbs

Spices are universally recognized as a source of flavor and aromatics, but in cultures around the world, these plant parts have a long history as source of medicine. In *Spice Apothecary*, author Bevin Clare combines her training in herbalism and nutrition to inspire a return to the kitchen spice cabinet for better health and healing. Focusing on 19 common culinary spices that are easy to source and prized for their flavor, this practical guide highlights each spice's role in supporting wellness goals and delivers creative and impactful ways to incorporate key health-boosting spices into everyday life. To bolster the immune system, chili, garlic, ginger, and mustard are best. Celery seed, parsley, and sage support kidney function, while the respiratory system benefits most from ginger, mint, and thyme. Learn the best way to harness each spice's medicinal power, the proper way to store spices, and how to determine your daily dose. Then, prepare customized dried spice blends and use them in delicious dips, soups, sauces, and even sweets that deliver flavor and healing.

Women's Health Aromatherapy

A therapy technique for inner awareness and meaningful change. "Focusing" is a

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particular process of attention that supports therapeutic change, a process that has been linked in more than 50 research studies with successful outcomes in psychotherapy. First developed by pioneering philosopher and psychotherapist Eugene Gendlin, Focusing quietly inspired much of the somatically oriented, mindfulness-based work being done today. Yet what makes Focusing a truly revolutionary approach to therapeutic change has been little understood—until now. Focusing is based on a radically different understanding of the body as inherently meaningful and implicitly wise. Mere intellectualizing or talking about problems can keep clients stuck in their old patterns of behavior. Focusing introduces the concept of the “felt sense,” a moment in process when there is a potential to experience more than is already known and to break through old, frozen, stuck patterns. Clients who see real change during the course of their therapy work are often those who can contact and stay with a felt sense—but how to help them do so is not obvious. Ann Weiser Cornell, who has been teaching Focusing to clinicians for more than 30 years, shows how to help clients get felt senses and nurture them when they appear, how to work with clients who have difficulty feeling in the body, how to facilitate a “felt shift,” how to support clients who experience dysregulating emotional states, and much more. Beginning with a clear explanation of what makes Focusing so potentially transformative, she goes on to show how to effectively incorporate Focusing with other treatment modalities and use it to treat a range of client issues, notably trauma, addiction, and depression. Designed to be immediately applicable for working clinicians and filled

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with practical strategies, clinical examples, and vignettes, this book shows step by step how to bring Focusing into any kind of clinical practice. Cornell expertly demonstrates the Focusing process unfolding, moment by moment, in the therapy room, and illuminates its powerful capacity to support a client's growth and change.

A Clinical Guide to Applied Dental Materials E-Book

This clinical guide and practical reference is ideal for those who use and combine liquid herbal remedies for the individual needs of the patient. With three introductory chapters, 125 monographs, and various glossaries and appendices, it covers the fundamental concepts of using liquid herbals, including how the remedies are made, quality issues, and dosage guidelines. The monographs include full prescribing information that covers actions, indications, contraindications, warnings and precautions, interactions, side effects, dosage, traditional usage, pharmacological research, clinical studies, and full references. Focuses solely on liquid herbal preparations - making it a must-have resource and the only book of its kind. Covers approximately 125 herb profiles in detail. Offers the widest range of research-backed information currently available on herbs. Begins with basic principles to give practitioners confidence in the accuracy and precision of their prescriptions. Written by one of the leading names in herbal medicine. Clinically relevant with quick access to dosage information,

contraindications, and more.

Focusing in Clinical Practice: The Essence of Change

Chinese Medicine Psychology

The first of two volumes, this is a comprehensive clinical text on the principles behind the clinical use of essential oils. It builds an important foundation for essential oil therapy and includes profiles of the most important 30 essential oils used in practice. This detailed and practical database of clinical experience of essential oil therapeutics takes a truly holistic approach, focussing on the psychological, the physiological and the energetic or Chinese medical aspects. Skilfully blending the evidence of scientific research with that of clinical practice, the book builds a comprehensive therapeutic profile for each oil it presents to the reader. Based on the different administration methods used and the absorption pathways activated, it clearly differentiates the psychological, physiological and topical uses of these essential oils. An extensive Materia Medica section is included. Reliable clinical reference material is offered for all complementary therapists, including aromatherapists, medical herbalists, Chinese Medicine practitioners, energy medicine therapists and massage therapists.

Endocrine and Metabolic Medical Emergencies

The Science and Technology of Flexible Packaging: Multilayer Films from Resin and Process to End Use provides a comprehensive guide to the use of plastic films in flexible packaging, covering scientific principles, properties, processes, and end use considerations. The book brings the science of multilayer films to the practitioner in a concise and impactful way, presenting the fundamental understanding required to improve product design, material selection, and processes, and includes information on why one material is favored over another for a particular application, or how the film or coating affects material properties. Detailed descriptions and analysis of the key properties of packaging films are provided from both an engineering and scientific perspective. End-use effects are also covered in detail, providing key insights into the way the products being packaged influence film properties and design. The book bridges the gap between key scientific literature and the practical challenges faced by the flexible packaging industry, providing essential scientific insights, best practice techniques, environmental sustainability information, and key principles of structure design to enable engineers and scientists to deliver superior products with reduced development time and cost. Provides essential information on all aspects of multilayer films in flexible packaging Aids in material selection and processing, shortening development times and delivering stronger products Bridges the gap between scientific principles and key challenges in the packaging industry, with

practical explanations to assist practitioners in overcoming those challenges

Veterinary Herbal Medicine E-Book

A new textbook on the practical use of dental materials suitable for undergraduate dental students and qualified dental practitioners taking post-graduate exams in dental materials, restorative dentistry, operative techniques, advanced conservative dentistry, endodontics, removable prosthodontics and implantology. Highly practical and evidenced-based throughout - closing the gap between theory and practice to give readers confidence in selecting and preparing the right material for the patient and circumstance Amply illustrated in full colour with over 1000 photographs, artworks and tables to clearly demonstrate both materials and techniques Helps readers appreciate the important relationship between clinical manipulation and the practical use of dental materials Describes how to properly select a given material for any situation, how to use materials to best effect and when and how not to use them 'Good practice' and 'Warning' boxes help readers recall important information Uniquely written by a practising dentist with academic experience and an academic in biomaterials with extensive clinical experience Self-assessment questions with full answers helps readers consolidate learning and prepare for exams Designed to improve clinical success and improve patient outcomes Perfect for all undergraduate and postgraduate students studying dental material science and/or restorative dentistry

The Science and Technology of Flexible Packaging

The second volume in the Aromatica series builds on the fundamentals found in Volume 1: Principles and Profiles. This comprehensive clinical text delves further into the different profiles of essential oils and the proper applications for physiological and psychological functions as well as energetic and Chinese Medicines. Packed with charts depicting different functions and methods of administration, and an extensive catalogue of 40 new essential oil profiles, this is an indispensable guide for all complementary medicine practitioners.

Cognitive Behaviour Therapy

This leading practitioner's guide, now thoroughly updated, examines the nature of posttraumatic stress disorder (PTSD) and provides a complete framework for planning and implementing cognitive-behavioral therapy (CBT). Steven Taylor addresses the complexities of treating people who have experienced different types of trauma and shows how to adapt empirically supported protocols to each client's needs. Rich case examples illustrate the nuts and bolts of cognitive interventions, exposure exercises, and adjunctive methods. Purchasers get access to a Web page where they can download and print the book's 14 reproducible handouts and forms in a convenient 8 1/2- x 11- size. New to This Edition: *Chapter

on pharmacotherapy--what CBT practitioners need to know when treating clients who are also taking medication. *Incorporates over a decade of advances in assessment and treatment techniques, outcome research, and neurobiological knowledge. *Updated for DSM-5.

Supporting and Educating Traumatized Students

A guide for therapists and counselors, Pre-Marital Counseling addresses the common problems couples face when starting or considering marriage. This step-by-step guide teaches specific intervention strategies for common pre-marital problems, such as financial stress, blending families, and mental health issues. It also teaches readers helpful skills such as developing empathy, learning to compromise, and communicating successfully, all within a potentially diverse client population. Skurtu further helps clinicians personalize their assessment and treatment plans for each couple so that they have realistic expectations. Written by a certified sex therapist, there is also a unique chapter on helpful sex education tips for maintaining desire in long-term relationships.

Blending Play Therapy with Cognitive Behavioral Therapy

In today's managed-care environment, therapeutic techniques must be proven to

be effective to be reimbursable. This comprehensive volume is written by leaders in the field and collects classic and emerging evidence-based and cognitive behavioral therapy treatments therapists can use when working with children and adolescents. Step-by-step instruction is provided for implementing the treatment protocol covered. In addition, a special section is included on therapist self-care, including empirically supported studies. For child and play therapists, as well school psychologists and school social workers.

The Clinical Guide to Assessment and Treatment of Childhood Learning and Attention Problems

The Clinical Guide to Assessment and Treatment of Childhood Learning and Attention Problems provides assessment and treatment recommendations for learning disorders (LD) and attention-deficit/hyperactivity disorder (ADHD). Brimming with case studies and other practical guidance, the book reviews etiology of LD and ADHD, outlines the diagnostic criteria per DSM-5, and includes clinical insights for assessment and intervention. Evidence-based assessment and intervention strategies are emphasized, linking assessment to treatment selection and evaluation. Techniques for improving treatment outcomes and supplemental intervention planning are presented, including common modifications and accommodations for learning disorders and attention problems. In addition,

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tutoring techniques, strategies for specific types of learning problems, and recommendations for Individualized Education Plans are all explored. Provides an integrated approach to LD/ADHD assessment and treatment Explores treatment implications for ADHD/LD comorbidity Guides readers on how to select the best intervention strategy from evidence-based treatments Reviews behavioral-based treatment Includes supplemental intervention strategies, tutoring techniques, and IEPs Features a broad array of clinical case studies

Treating Psychosis

"This book summarizes the adverse effects of a large range of herbal medicines and the active ingredients that they contain. It includes extensive lists of the families of plants that are used as herbal medicines, including the Latin names of genera and species as well as the common names of individual plants. The material is drawn from the 15th edition of the internationally renowned encyclopedia, Meyler's Side Effects of Drugs: The Encyclopedia of Adverse Drug Reactions and Interactions, and the latest volumes in the companion series, Side Effects of Drugs Annuals."--BOOK JACKET.

Clinician's Guide to Ptsd

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Craft a blended learning program tailor-made for your students Go Blended! is a practical implementation guide for educators interested in getting blended learning off the ground. Author Liz Arney is a seasoned developer of blended learning programs at Aspire Public Schools, and she also closely collaborates with district and charter leaders from across the country on this work. Go Blended! offers boots-on-the-ground support for laying the foundation for a blended learning program in our schools and classrooms. Throughout the book teachers with blended learning experience share helpful tips and lesson plans to help educators make purposeful choices in using technology to fulfill students' needs without becoming an end in itself. This useful guide also offers key documents and timelines to support a blended learning implementation and provides step-by-step practical advice for avoiding mistakes. Readers will gain expert insight into both the broad and narrow of blended transition, from sweeping concepts like program goals to nitty-gritty details like teaching routines around technology use. Technology is rapidly changing the landscape of education; teacher effectiveness and student achievement are both tied to the ability to adapt to new technology, and blended learning has become a hot topic in schools across the nation. Go Blended! helps school leaders and teachers take their first steps toward blended learning, putting them in a better position to continuously adapt as the world changes. You'll learn how to: Investigate leadership and staff readiness to "go blended." Learn how to evaluate and purchase the right educational software. Keep the program's goals in mind throughout the development process. Teach lessons that set students up for

success when using classroom technology. Tailor the program to the students, not the other way around. Aspire's impressive track record of high performance, along with a growing body of evidence from blended schools across the nation, testifies to the reality that incorporating technology into the classroom can improve student outcomes. But improved student outcomes will only occur when teachers and administrators intentionally tailor technology and curricula to meet their goals. With Go Blended!, you can be confident that you're focused on the ultimate goal of blended learning: increasing student achievement.

Meyler's Side Effects of Herbal Medicines

An exceptional health resource addressing professional practice issues in complementary and alternative medicine *Clinical Decision Making in Complementary & Alternative Medicine* differs from other medical texts by introducing a systematic clinical framework for the practice of complementary and alternative medicine. While comparable titles may explore the use or efficacy of specific complementary and alternative medicine interventions, this indispensable textbook highlights evidence-based interventions, while helping practitioners apply them within a clinical decision making framework. *Clinical Decision Making in Complementary & Alternative Medicine* is a one-of-a-kind health reference for clinicians, students and educators alike. Divided into two parts – theoretical foundation and practical application – the book includes case studies on health

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conditions such as acne, irritable bowel syndrome and migraine. Clinical Decision Making in Complementary & Alternative Medicine is also unique in that it:

- focuses on evidence-based practice while also paying attention to the underlying philosophy of complementary and alternative medicine
- includes learning objectives and activities to consolidate reader knowledge and help lecturers teaching complementary and alternative medicine students
- enables complementary and alternative medicine practitioners to systematically assess, diagnose, treat and evaluate client-centred health problems in accordance with the established art, science and philosophy of complementary and alternative medicine
- guides practitioner thinking, assessment and care – all of which may help increase professional autonomy and accountability, improve client outcomes and quality of care, and reduce errors in decision making

The Way We Think

This book provides a detailed, practical and, where possible, research-based rationale for the use of herbal treatments in a wide variety of clinical conditions and problems. Through the filter of current scientific literature, the authors have reevaluated traditional use of herbal remedies and present realistic guidelines for modern practice. A uniquely authoritative guide to applying herbal medicines as serious options for the treatment of some of the most troublesome conditions seen today. In particular, this book gives:

- * A clear description of the principles and

foundations for the practice of phytotherapy * In-depth and detailed profiles of over 45 herbs, reviewing pharmacology, research, and traditional use * Therapeutics for actual disease states, supported by case histories *Coverage of challenging issues such as dosage, safety, and drug-herb interactions

A Clinical Guide to the Treatment of the Human Stress Response

Aromatherapy has seen a huge surge in popularity in the past decade, and has proven effective for a wide array of women's health problems. However, the number of women interested in introducing aromatherapy to their personal health care dwarfs the number of clinicians formally trained in it. As a result, large numbers of women self-treat with aromatherapy, which can increase risk factors particularly during pregnancy and lactation. Condensing thorough research into concise, easy-to-digest language, this scientific evidence-based guide enables women's healthcare professionals and aromatherapists to quickly determine the safest and most effective way to apply aromatherapy in any given situation. The perfect bedside clinical guide for busy professionals, it covers 20 essential oils and their uses in women's health, from pregnancy to menopause. Readers will come away equipped with new tools to improve their patients' comfort and wellbeing, with the confidence of drawing from a reliable base of clinical evidence.

Clinical Naturopathy

Both an introduction to Chinese medicine psychology and a clinical guide for Chinese medicine, this book facilitates and promotes the management of mind and emotion-related illnesses. Based on recent and ancient Chinese sources, it explores and explains previously unavailable material on the generational and ancestral aspects of human mentality, as well as its context within the natural world and the evolution of human life. The first part of the book includes a detailed introduction to the theory of Chinese medicine psychology as well as the modern developments that surround it, whilst the second part is a guide to clinical practice. Chinese Medicine Psychology allows access to invaluable resources and is an indispensable guide for Chinese medicine practitioners, students and healthcare professionals.

Pre-Marital Counseling

In its first two decades, much of cognitive science focused on such mental functions as memory, learning, symbolic thought, and language acquisition -- the functions in which the human mind most closely resembles a computer. But humans are more than computers, and the cutting-edge research in cognitive science is increasingly focused on the more mysterious, creative aspects of the

mind. *The Way We Think* is a landmark synthesis that exemplifies this new direction. The theory of conceptual blending is already widely known in laboratories throughout the world; this book is its definitive statement. Gilles Fauconnier and Mark Turner argue that all learning and all thinking consist of blends of metaphors based on simple bodily experiences. These blends are then themselves blended together into an increasingly rich structure that makes up our mental functioning in modern society. A child's entire development consists of learning and navigating these blends. *The Way We Think* shows how this blending operates; how it is affected by (and gives rise to) language, identity, and concept of category; and the rules by which we use blends to understand ideas that are new to us. The result is a bold, exciting, and accessible new view of how the mind works.

Therapist's Guide to Self-Care

This original, eloquent, compassionate, and timely book offers all healthcare practitioners interested and involved in addiction practice a powerful account of an addiction psychiatrist's journey of professional and personal growth, thereby offering readers a unique opportunity to learn deeply from the author's insights, experiences, and struggles in becoming a patient-centered empathic healer. Through sharing and exploring clinical experiences in addiction practice, this fascinating title delves into the lead author and his mentee's personal,

professional, and ethical challenges and weaves together science and humanism, offering a wealth of experiential wisdom and tools that have the power to transform our understanding of therapeutic work with people with addictions. Written with empathy and humility, *Humanizing Addiction: Blending Science and Personal Transformation* provides a compelling argument and framework for integrating humanism with empirically grounded practices. This important book is an invaluable resource for healers from a range of backgrounds: physicians, physician assistants, nurse practitioners, social workers, case managers, patient navigators, clinical and health psychologists, pharmacists, counselors, graduate students, and medical trainees involved in clinical care of people with addiction and substance use problems.

Aromatherapeutic Blending

This encyclopedic book contains, in practical and easy-to-understand form, every conceivable use for essential oils and aromatherapy in everyday life. The author, a practicing aromatherapist for more than twenty years, unlocks the power of essential oils in more than 600 original recipes, most needing only a few essential oils. Unlike over-the-counter products, the recipes you make yourself contain no harmful preservatives. Most basic needs can be covered with just ten essential oils.

Neurocritical Care Pharmacotherapy

This full-color reference offers practical, evidence-based guidance on using more than 120 medicinal plants, including how to formulate herbal remedies to treat common disease conditions. A body-systems based review explores herbal medicine in context, offering information on toxicology, drug interactions, quality control, and other key topics. More than 120 herbal monographs provide quick access to information on the historical use of the herb in humans and animals, supporting studies, and dosing information. Includes special dosing, pharmacokinetics, and regulatory considerations when using herbs for horses and farm animals. Expanded pharmacology and toxicology chapters provide thorough information on the chemical basis of herbal medicine. Explores the evolutionary relationship between plants and mammals, which is the basis for understanding the unique physiologic effects of herbs. Includes a body systems review of herbal remedies for common disease conditions in both large and small animals. Discusses special considerations for the scientific research of herbs, including complex and individualized interventions that may require special design and nontraditional outcome goals.

Phytotherapy Essentials

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A complement to Guidelines for Nutrition Care of Renal Patients, 3e and Renal Care: Resources and Practical Applications Features practical and authoritative guidelines for all stages and treatments of renal disease Addresses the National Kidney Foundation's Disease Outcome Quality Initiative (NKF KDOQI) Guidelines Provides practical nutrition intervention sections Examines useful case studies Offers helpful hints to treat common patient problems Includes the latest information on Medical Nutrition Therapy Represents a consensus formed by clinical practitioners on the basis of current scientific literature and experience A Clinical Guide to Nutrition Care in Kidney Disease can also be used as a study tool for the CSR exam

Humanizing Addiction Practice

This clinical guide and practical reference is ideal for those who use and combine liquid herbal remedies for the individual needs of the patient. With three introductory chapters, 125 monographs, and various glossaries and appendices, it covers the fundamental concepts of using liquid herbals, including how the remedies are made, quality issues, and dosage guidelines. The monographs include full prescribing information that covers actions, indications, contraindications, warnings and precautions, interactions, side effects, dosage, traditional usage, pharmacological research, clinical studies, and full references. Focuses solely on liquid herbal preparations — making it a must-have resource and

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the only book of its kind. Covers approximately 125 herb profiles in detail. Offers the widest range of research-backed information currently available on herbs. Begins with basic principles to give practitioners confidence in the accuracy and precision of their prescriptions. Written by one of the leading names in herbal medicine. Clinically relevant with quick access to dosage information, contraindications, and more.

Aromatica Volume 2

Although Cognitive Behavioural Therapy (CBT) has a well elaborated theoretical background and documented standard therapeutic process, new specific theoretical formulations and genuine techniques seem to continually appear. These new treatment developments in CBT constitute the heart of this book. Leading researchers and clinicians, who are also well established experts in the application of CBT present the extent of their experience, as well as appropriate and state-of-the-art treatment techniques for a variety of specific disorders: * Management of Major Depression, suicidal behaviour and Bipolar Disorder. * Treatment of Anxiety Disorders such as Panic Disorder, Obsessive Compulsive Disorder, and Generalized Anxiety Disorder. * Application of CBT to Eating Disorder and Personality Disorders, especially Borderline Personality Disorder. * Implementation of CBT with specific populations such as couples and families, children and adolescents. The book focuses on clinical practice and treatment

techniques, but avoids a step-by-step approach. Instead it encourages flexibility and integrativity in order to help the practicing clinician become more competent and efficient in applying CBT. Well-known contributors reveal a variety of treatment styles, and case examples and treatment transcripts are used to show how theoretical innovations integrate with the practice of CBT.

The Pride Guide

In 1981, Plenum Press published a text entitled *The Nature and Treatment of the Stress Response* by Robert Rosenfeld, M. D. , and me. That text attempted to do what no other text from a major publisher had previously attempted, that is, to create a clinically practical guide for the treatment of excessive stress and its arousal-related syndromes-this to be captured between the same covers in combination with a detailed, clinically relevant pedagogy on the neurological and endocrinological foundations of the stress response itself. That volume has enjoyed considerable success having found markets among practicing professionals and clinical students as well. The fields of psychosomatic medicine, health psychology, behavioral medicine, and applied stress research have appreciably expanded their boundaries since the publication of the aforementioned volume. Although remarkably little of the clinical utility of that volume has been eroded with time, it was felt that an updated and more integrative clinical textbook needed to be offered to practicing clinicians and students within clinical rather

than simply create a second edition of training programs. Therefore, was made to create a significantly revised the original volume, the decision and expanded volume that would cover many of the same topics as the original volume but would provide a primary emphasis on the treatment of excessive stress and that would employ an integrative phenomenological model to facilitate that end. This present volume entitled A Clinical Guide to the Treatment of the Human Stress Response is the result.

Exposure Therapy for Children with Anxiety and OCD

Pharmacognosy (the science of biogenic or nature-derived pharmaceuticals and poisons) has been an established basic pharmaceutical science taught in institutions of pharmacy education for over two centuries. Over the past 20 years though it has become increasingly important given the explosion of new drugs, phytomedicines (plant medicines), nutraceuticals and dietary supplements – all of which need to be fully understood, tested and regulated. From a review of the previous edition: ‘Drawing on their wealth of experience and knowledge in this field, the authors, who are without doubt among the finest minds in pharmacognosy today, provide useful and fascinating insights into the history, botany, chemistry, phytotherapy and importance of medicinal plants in some of today’s healthcare systems. This is a landmark textbook, which carefully brings together relevant data from numerous sources and provides, in an authoritative

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and exhaustive manner, cutting-edge information that is relevant to pharmacists, pharmacognocists, complementary practitioners, doctors and nurses alike.' The Pharmaceutical Journal 'This is an excellent text book which provides fascinating insights into the world of pharmacognosy and the authors masterfully integrated elements of orthodox pharmacognosy and phytotherapy. Both the science student and the non-scientific person interested in phytotherapy will greatly benefit from reading this publication. It is comprehensive, easy to follow and after having read this book, one is so much more aware of the uniqueness of phytomedicines. A must read for any healthcare practitioner.' Covers the history, biology and chemistry of plant-based medicines Covers pharmaceutical and nutraceuticals derived from plants Covers the role of medicinal plants in worldwide healthcare systems Examines the therapeutics and evidence of plant-based medicines by body system Sections on regulatory information expanded New evidence updates throughout New material covering non-medical supplements Therapeutics updated throughout Now on StudentConsult

Spice Apothecary

The Essential Guide to Herbal Safety

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Psychosis can be associated with a variety of mental health problems, including schizophrenia, severe depression, bipolar disorder, anxiety, and post-traumatic stress disorders. While traditional treatments for psychosis have emphasized medication-based strategies, evidence now suggests that individuals affected by psychosis can greatly benefit from psychotherapy. Treating Psychosis is an evidence-based treatment guide for mental health professionals working with individuals affected by psychosis. Using a cognitive behavioral therapy (CBT) approach that incorporates acceptance and commitment therapy (ACT), compassion-focused therapy (CFT) and mindfulness approaches, this book is invaluable in helping clinicians develop effective treatment for clients affected by psychosis. The guide provides session-by-session clinical interventions for use in individual or group treatment on an inpatient, outpatient, or community basis. The book features 40 reproducible clinical practice forms and a companion website with additional downloadable clinical forms and tools, guided exercises, case examples, and resources. The therapeutic approaches presented are rooted in theory and research, and informed by extensive clinical experience working with client populations affected by psychosis. The approaches outlined in this book offer clinicians and clients the opportunity to partner in developing therapeutic strategies for problematic symptoms to enable those affected by psychosis to work toward valued goals and ultimately live more meaningful lives. This guide emphasizes a compassionate, de-stigmatizing approach that integrates empowering and strengths-oriented methods that place the client's values and

goals at the center of any therapeutic intervention.

Aromatica

"Traumatic or adverse experiences are pervasive among school-aged children and youth. These experiences undermine students' ability to learn, form relationships, and manage their feelings and behaviour. Meanwhile, educators and school-based professionals often remain unaware of the complex needs of their students or how to meet them within the hours of the typical school day, all while possibly dealing with their own stressors. Supporting and Educating Traumatized Students: A Guide for School-Based Professionals provides a practically oriented tool for understanding and assisting students with a history of trauma. Designed specifically for professionals in mental health and education settings, this volume combines content and expertise from practitioners, researchers, and other experts with backgrounds in education, school psychology, school social work, school administration, resilience, school policy, and trauma. The book provides a thorough background on current research in trauma and its impact on school functioning; administrative and policy considerations; and a broad set of practical and implementable strategies and resources for adapting and differentiating instruction, modifying the classroom and school environments, and building competency for students and staff impacted by trauma. Rather than provide complex treatment protocols, the chapters in this book offer simple techniques and

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strategies designed for all types of educational environments within the context of multiple potential sources of trauma. Supporting and Educating Traumatized Students is an essential resource for classroom teachers, administrators, and school-based professionals, as well as courses that address crisis, trauma, and education across a broad spectrum of specializations."--

Clinical Applications of Ayurvedic and Chinese Herbs

An organizational approach to more effective school leadership, online and off “Leadership, especially in a school setting, is too important to be merely intuitive. In this generous book, Steve and Reshan outline a new way of thinking for a new kind of leader. Recommended.” Seth Godin, author of What to Do When it’s Your Turn (and it’s Always Your Turn) "If you're a school leader, Blending Leadership is the book you need to guide your thinking in today's increasingly networked educational environment. Your students and staff may have varying degrees of comfort with technology, but this book will give you solid guidance on how to lead them both online and offline and chart a path to the future.” Daniel H. Pink, author of Drive Blending Leadership provides all school leaders with a unique approach to utilizing technology for more effective learning and leadership. As the online aspects of schools become just as important as their brick-and-mortar counterparts, leaders must be as effective screen-to-screen as they are face-to-face. Drawing from research, experience, and real-world examples, this book

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explores and unpacks six core beliefs necessary for the blended leader to succeed. Between email, websites, apps, updates, tweets, attachments, infographics, YouTube, and unceasing notifications, most people are inundated with digital detritus, and they either grow to ignore it or get swept under it. Effective blended leaders see these distractions as spurs to action, models, test cases, remixable commodities, and learning opportunities. Blending Leadership gives you the perspective you need to excel and the knowledge to leverage the tools at your disposal.

Blending Leadership

An essential guide to the principles of and current major issues relating to herbal medicine safety, this volume also contains comprehensive reviews of the safety data for 125 common herbs.

A Clinical Guide to Nutrition Care in Kidney Disease

Many providers have difficulty implementing exposure-based cognitive behavioral therapy for youth with anxiety and obsessive-compulsive disorder (OCD), despite it being the leading treatment for this condition. Exposure Therapy for Children with Anxiety and OCD: Clinician's Guide to Integrated Treatment provides a step-by-

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step framework for how providers apply exposure therapy in practice. The book begins with empirical support for the treatment followed by suggested implementation of exposures for specific conditions and ages. Tables of sample exposures and case illustrations are provided throughout the book and common challenges that may complicate implementation are addressed. Intended for busy providers to implement directly into practice, chapters provide clinical excerpts and illustrate techniques in an easy "how-to" format. Summarizes empirical support for exposure treatment efficacy Recommends how to implement exposure therapy treatment for anxiety and OCD Provides guidance on overcoming common challenges when implementing exposures in practice Offers separate treatment guidelines for children and adolescents Integrates exposure therapy with other therapy modalities Includes case studies and clinical excerpts illustrating techniques

Go Blended!

Psychotherapy is an increasingly stressful profession. Yet therapists spend most of their time helping clients deal with their stress, not caring for their own. This book is designed as a tool for the experienced counselor, junior therapist, and graduate student, as the issues confronted and discussed herein are relevant to anyone in the field, regardless of experience or expertise. Dr. Weiss has written a book in an easy, conversational tone, filled with concrete examples and blending research

findings, clinical experience and theoretical approaches into practical suggestions and sound advice. The book is divided into three parts, discussing therapist concerns and questions that are continually raised, and providing practical tools based on clinical experience and research findings. It will be useful to all mental health professionals who have felt the strain of their practice.

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contraindications, and more.

Principles and Practice of Phytotherapy

Sex education materials meant to explain important basics to kids are too-often not written with an empathic understanding of what those basics are. This is particularly obvious regarding books that include LGBTQ identities. Even when they do hit the mark, many have a limited scope and don't take into account the practical realities of developing sexuality. The Pride Guide is written explicitly for the almost ten percent of teenagers who identify as gay, lesbian, bisexual, trans, or any of the unique identities that are not heterosexual/ cisgendered. It explores sex, dating, relationships, puberty, and both physical and online safety in one resource. The issue, today, is not whether or not queer youth will get sex education. The issue is how and where they will gather information and whether or not the information they gather will be applicable, unreliable, or exploitative. Equipping teens and their families with knowledge and self-confidence, this work provides the best protection against the unfortunate consequences that sometimes accompany growing up with an alternative gender or identity. With real-world information presented in a factual and humorous way, responsible adults can teach queer youth to (and how to) protect themselves, to find resources, to explore who they are, and to interact with the world around them while being true to themselves and respectful of others. Written with these issues in mind, The Pride

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Guide covers universal topics that apply to everyone, such as values clarification, digital citizenship, responsibility, information regarding abstinence as well as indulgence, and an understanding of the consequences and results of both action and inaction. For LGBTQ youth, this is a resource containing information on the unique issues queer youth face regarding what puberty looks like (particularly for trans youth), dating skills and violence, activism, personal safety, and above all, pride. Parents and other supportive adults who are motivated to educate themselves and who are interested in gaining some tools and skills around making these necessary conversations less uncomfortable and more effective will benefit from this book. The go-to resource for making informed decisions, The Pride Guide is indispensable for teens, parents, educators, and others hoping to support the safe journey of LGBTQ teens on their journey of discovery.

The Complete Book of Essential Oils and Aromatherapy

Neurocritical Care Pharmacotherapy: A Clinician's Guide is a practical, succinct but comprehensive pharmacy handbook provides up-to-date clinical guidance on the effective selection, prescription, and usage of neurocritical care drugs for patients with acute neurologic illnesses. The treatment of the critically ill neurologic patient is often difficult, specialized, and includes drugs infrequently used in other intensive care units such as antiepileptic drugs, osmotic agents or acute immunotherapy such as intravenous immunoglobulin and plasma exchange. This

text discusses choosing the right combination of drugs; how to correctly prescribe and administer the drugs; how to monitor drug efficacy and side effects; how neurocritical care drugs interact with other medications; and comprehensive coverage of current treatment options. Key Feature of this Manual Include* A brief discussion of the basic pharmacology of each neurocritical drug, with an emphasis on how to select and use these drugs in multiple clinical contexts.* 150 drugs accompanied by a diagram for quick comprehension and drug administration guides. * Unique blending of expertise of neurointensivist with a critical care pharmacist to provide a vital resource for both specialities.* References for further reading that are oriented toward utility in clinical practice.

Clinical Decision Making in Complementary & Alternative Medicine

Synergistic blending is at the very core of aromatherapy practice. This book explores the concept of synergy and the evidence for its presence and significance, and provides practical guidance on how to build aromatherapeutic blends effectively and safely based on research evidence. The author covers new and exciting developments in research into the use of essential oils, explores the merits and limitations of holistic, psychosensory and molecular approaches to blending and suggests effective ways of choosing the most suitable approach for

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individual clients. Evidence-based profiles of essential oils and absolutes are included and the comprehensive tables summarising their actions enable practitioners to identify easily potential contenders for synergistic blends. Throughout the book, the author encourages students and practitioners of all levels to reflect on their practice, appraising the intended outcomes of their blends and treatment plans, so that they can emerge more knowledgeable and insightful practitioners.

A Clinical Guide to Blending Liquid Herbs

The Essential Guide to Recognizing and Treating Acute Endocrine and Metabolic Illness Endocrinology covers some of the most common conditions and serious public health challenges facing medicine today, and endocrine and metabolic emergencies constitute a large proportion of the clinical workload. Endocrine and Metabolic Medical Emergencies: A Clinician's Guide provides a singular reference to help endocrinologists, acute and general medicine clinicians, hospitalists and critical care physicians, and general practitioners recognize the symptoms of endocrine emergencies and provide the highest standards of care. Already the definitive and most comprehensive guide to endocrine emergency care, this new second edition: provides acute care guidance for a range of both common and unusual endocrine emergencies; details the effects of acute medical and critical illness on metabolic and endocrine systems, and their impacts on endocrine

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investigations; discusses special patient populations, including the impacts of aging, pregnancy, transplantation, late-effects, perioperative, inherited metabolic disorders and HIV/AIDS on presentation and management; and features detailed coverage of disorders by system, as well as, metabolic bone diseases, neuroendocrine tumors, and more. Packed with case studies, images, and chapters written by distinguished authors, this guide is designed for both quick reference and study. Coverage includes the presentation, diagnosis, management, and treatment of endocrine and metabolic disorders in an acute care setting, as well as the most up-to-date guidance on issues including clinical lipidology, glucose, sodium, calcium and phosphate, and more. Blending the latest science with clinical and practical advice, this invaluable resource helps clinicians stay up to date with the field's relevant body of knowledge while providing the practical, clinical insight they need in order to provide their patients with the utmost level of care.

Fundamentals of Pharmacognosy and Phytotherapy E-Book

A landmark guide to naturopathic practice in Australia – ideal for naturopaths, naturopathy students and Allied Health and medical practitioners Clinical Naturopathy: An evidence-based guide to practice details key treatment protocols and evidence-based complementary medicine interventions for use in naturopathic practice. This valuable naturopathy resource is authored by leading practitioners in the field. Its unique perspective combines clinical experience with evidence-based

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substantiation from rigorous medical research. Clinical Naturopathy explores key naturopathic treatments – including herbal treatments, nutritional and dietary treatments and lifestyle treatments – for common medical symptoms and conditions encountered in modern practice. Clinical Naturopathy: An evidence-based guide to practice outlines an introduction to case-taking methodology and naturopathic diagnostic techniques. It then details treatment protocols and naturopathic prescriptions to treat major health conditions within individual body systems. The textbook also offers special sections on naturopathic treatment throughout the life cycle, including paediatrics, pregnancy and aging, as well as complex health conditions like HIV, cancer and pain management. Comprehensive appendices provide additional clinically important material, such as reference levels for laboratory medical tests, nutrient food values and traditional Chinese medical diagnosis. This one-of-a-kind naturopathic reference makes essential reading for practitioners wishing to enhance practical application of their skills in a clinical setting, and advance their knowledge of evidence-based complementary medicine interventions.

- addresses pre-clinical and clinical naturopathy subjects (from third year naturopathy to post-graduate level)
- focuses on major medical conditions, and outlines naturopathic and integrative medical treatments
- features case studies to contextualise theory into relevant clinical application
- includes user-friendly clinical decision trees, tables and figures
- is rigorously researched with over 4000 references

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