This new and up-to-the-minute compendium of reliable and authoritative information on complementary and alternative therapies seeks to provide information that older adults may use as they seek to improve their health and quality of life.

Although CAM research as applied to aging is just beginning and health professionals receive no special training in CAM and aging, the United States population still continues to employ it. For diagnoses that accompany aging such as cancer, neurological diseases, psychiatric disorders, and physical disabilities, CAM has often been used in addition to or in place of unsuccessful conventional methods of treatment.

Covering dietary means; physical, mental, and spiritual methods of treatment; and various types of therapies, this handbook is the most comprehensive and up-to-date resource on complementary and alternative medicine available today.

Each chapter or article includes:
- Brief definition of modality
- Anecdotal reports of usefulness
- Discussion of scientific evidence for and against modality
- List of resources that reader can use to find further information

Examples of therapies covered include:
- Art & Music
- Massage
- Acupuncture
- Meditation
- Homeopathy
- Ayurveda
- Aromatherapy
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