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Scientific Basis of Integrative Medicine

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Scientific Basis of Integrative Medicine Lucy Anderson M.S.W.

This book lays out the scientific underpinnings for the mind-body connection, documenting the interactions of the endocrine, immune, nervous, and stress systems that impact human functioning. It is the first book to elaborate on the cutting-edge field of subtle energy medicine, which recognizes energy modalities that can benefit the body, while acknowledging the importance of "spiritual" experiences. Additional unique aspects of the text include the elucidation of the pineal as the master gland and the assertion of a hormonal cascade for the relaxation response, providing a review of some of the hormones most likely involved in the response.

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