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In this volume, an international panel of leading experts provides a wealth of information for health care practitioners and consumers on the rationale, methods, modalities, and efficacy of integrative solutions for gastrointestinal disorders. Coverage includes a diverse range of treatment methods, such as meditation, massage, yoga, supplements, special diets, energy medicine, homeopathy, and acupuncture, as well as a special section devoted to mind-body medicine in digestive health and disease. In discussing unconventional treatments, the authors address many of the controversies that surround the remedies.

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