

Contents



SECTION ONE FOUNDATIONS

Chapter 1
Characteristics of Complementary and
Alternative Medicine 3
Marc S. Micozzi

Chapter 2
Translation from Conventional Medicine 13
Marc S. Micozzi

Chapter 3
Issues and Challenges in Integrative
Medicine 22
Marc S. Micozzi and Claire M. Cassidy

Chapter 4
CAM and the Community 35
Salome Raheim

Chapter 5
Social and Cultural Factors in Medicine 41
Claire M. Cassidy

SECTION TWO MIND, BODY, AND SPIRIT

Chapter 6
Vitalism 69
David F. Mayor

This chapter is located on the Evolve website.

Chapter 7
Mind–Body Thought and Practice: Great
Britain to Early and Late America 70
Donald McCown and Marc S. Micozzi

Chapter 8
Neurohumoral Physiology and
Psychoneuroimmunology 88
Hakima Amri and Marc S. Micozzi

Chapter 9
Mind–Body Science and Placebo Effects 100
Marc S. Micozzi and Michael A. Jawer

Chapter 10
Mind–Body Therapies, Stress, and
Psychometrics 114
Marc S. Micozzi and Michael A. Jawer

Chapter 11
Prayer, Religion, and Spirituality 141
Marc S. Micozzi and David Larson

Chapter 12
Creative and Expressive Arts Therapies 157
Paul Nolan and Sherry W. Goodill

Chapter 13
Humor, Health, and Wellness 175
Hunter “Patch” Adams and Marc S. Micozzi

SECTION THREE ENERGETICS, MANUAL HEALING, BODYWORK, AND YOGA

Chapter 14
Energy Medicine 197
John A. Ives and Wayne B. Jonas

Chapter 15
Biophysics: Electricity, Light, Magnetism,
and Sound 213
*Marc S. Micozzi, Michael I. Weintraub, and
Jennifer Gehl*

Chapter 16
Principles of Bodywork 240
Patrick Coughlin and Judith DeLany

Chapter 17
Massage, Bodywork, and Touch Therapies 247
Judith DeLany

Chapter 18			
Osteopathy	275		
<i>John M. Jones</i>			
Chapter 19			
Chiropractic	300	⊕	
<i>Daniel Redwood</i>			
Chapter 20			
Reflexology	326		
<i>Donald A. Bisson</i>			
Chapter 21			
Yoga	332		
<i>Julie K. Staples</i>			
SECTION FOUR			
NATURAL AND ALTERNATIVE WESTERN THERAPIES			
<hr/>			
Chapter 22			
Nature Cure, Naturopathy, and Natural Medicine	347		
<i>Joseph E. Pizzorno, Jr., Pamela Snider, and Marc S. Micozzi</i>			
Chapter 23			
Contemporary Naturopathic Medicine	366		
<i>Joseph E. Pizzorno, Jr. and Pamela Snider</i>			
Chapter 24			
Ethnobotany and Western Herbalism	387		
<i>Marc S. Micozzi and Lisa Meserole</i>			
Appendix: Mainstream Research on Herbal Remedies	399		
<i>Marc S. Micozzi and Claire M. Cassidy</i>			
Chapter 25			
Aromatherapy and Plant Essential Oils	411		
<i>Rhiannon Lewis</i>			
Chapter 26			
Nutrition, Hydration, and Diet Therapies	427		
<i>Marc S. Micozzi and Jennifer Gehl</i>			
Chapter 27			
Ecological Pharmacy: Molecular Biology to Systems Theory	455		
<i>Kevin Spelman</i>			
SECTION FIVE			
GLOBAL ETHNOMEDICAL SYSTEMS: ASIA AND THE MIDDLE EAST			
<hr/>			
Chapter 28			
Traditional Medicine of China and East Asia	477		
<i>Kevin V. Ergil</i>			
Chapter 29			
Classical Acupuncture	508		
<i>Kevin V. Ergil and Marnae C. Ergil</i>			
Chapter 30			
Tibetan Medicine	544		
<i>Kevin V. Ergil</i>			
This chapter is located on the Evolve website.			
Chapter 31			
Traditional Medicines of India: Ayurveda and Siddha	545		
<i>Marc S. Micozzi</i>			
Chapter 32			
Unani Medicine	567		
<i>Hakima Amri and Mones S. Abu-Asab</i>			
Chapter 33			
Sufism and Healing in the Middle East	581		
<i>Howard Hall, Marc S. Micozzi, and Carole A. O'Leary</i>			
SECTION SIX			
GLOBAL ETHNOMEDICAL SYSTEMS: AFRICA, THE AMERICAS, AND THE PACIFIC			
<hr/>			
Chapter 34			
Traditional Healing: Ethnomedicine, Shamanism, and Origins	593		
<i>Alicia M. Micozzi and Marc S. Micozzi</i>			
Chapter 35			
Southeast Asia: Malaya, Indonesia, Indo-China, and Vietnam	602		
<i>Marc S. Micozzi and Gerard C. Bodeker</i>			
Chapter 36			
Blending of Chinese, Ayurvedic, Islamic, and Shamanic Healings: Burma, Thailand, and Nepal	611		
<i>Laurel S. Gabler and Marc S. Micozzi</i>			
Chapter 37			
Native North American Healing and Herbal Remedies	623		
<i>Richard W. Voss, Daniel E. Moerman, and Marc S. Micozzi</i>			
Chapter 38			
Central and South American Healing and Herbal Remedies	639		
<i>Richard W. Voss and Marc S. Micozzi</i>			
Chapter 39			
Latin American Curanderismo	643		
<i>Robert T. Trotter II and Marc S. Micozzi</i>			

Chapter 40

Hawaii, South Pacific, and Philippine
Islands; Alaska and Pacific Northwest

653

Marc S. Micozzi and Alicia M. Micozzi

Chapter 41

African Healing and Becoming a Traditional
Healer

660

Mariana G. Hewson

Chapter 42

Magico-Religious Traditions and
Neo-Shamanism

667

Alicia M. Micozzi and Marc S. Micozzi

Chapter 43

Modern Asia, Africa, the Americas,
and the Pacific

674

Gerard C. Bodeker and Marc S. Micozzi

Index

682