

Fitness Theory And Practice 5th Edition Textbook

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the aim of the book is to provide a comprehensive general practice text book which takes a contemporary integrative approach to diagnosis investigation and management of health issues and disease states encountered in the general practice environment the book will cover the philosophy underpinning general practice in the 21st century and deal with primary and secondary prevention as well as acute and chronic disease management general practice the integrative approach will inform doctors as fully as possible about potential treatment and prevention

options as well as potential pitfalls according to the growing evidence base in this area the book is directed at best practice rather than alternative practice the first section of the textbook lays the foundations and principles of integrative medicine and the second section examines important medical conditions in a systems based approach each chapter begins by detailing the allopathic medical and consulting knowledge required of a standard gp text discussing physiology and pharmacological management plans of systems based conditions the chapter then leads into an evidence based discussion of the therapeutic options available for the treatment of associated factors essentially providing practitioners with the knowledge required to adapt their approach to meet the needs of the individual patient a national panel of experts with experience in chinese medicine herbal medicine nutritional medicine naturopathy and exercise therapy have contributed to their various fields of expertise to incorporate management plans that utilise a variety of therapeutic modalities to achieve the best clinical outcome incorporates evidence based and safe therapies including conventional medical care lifestyle interventions and complementary therapies is directed at best practice rather than alternative practice focuses on prevention and health promotion a symptomatic layout matching the approach of contemporary medical curriculum each therapeutic modality and therapeutics contributor is coded with an icon for easy modality reference a unique chapter covering medico legal issues a ready reference herb drug interaction chart expert authors include dr kerryn Phelps well known Australian medical practitioner and president of the Australasian Integrative Medicine Association AIMA

thoroughly revised and updated this pocket sized manual is an adaptation of Topol's textbook of cardiovascular medicine third edition the third edition of this best selling manual follows the same structure as previous editions using an outline format with key words and phrases highlighted in bold the concise text provides easy access to the information needed to treat patients with cardiovascular disease and is appropriate for residents fellows practicing cardiologists and nurse practitioners this latest revision presents updated clinical information and has eight new chapters including obesity and metabolic syndrome women and heart disease and heart failure treatment

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