



Healing Ways:An Integrative Health Sourcebook

Matilde Parente

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When it comes to your health, it's important to know and understand all the options available to you. Should you stick with Western medicine alone? What are the benefits and dangers of alternative medicine? Can acupuncture, massage therapy, or meditation really help? In *Healing Ways: An Integrative Health Sourcebook*, you'll find important information about conventional and alternative therapies, and how they can work together to help you reap maximum benefits. This approach is called Complementary and Alternative Medicine (CAM), and it lets you combine the best of both worlds: mainstream medical therapies and alternative solutions that have high-quality scientific evidence for safety and effectiveness.

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