



# **American Holistic Nurses' Association Guide to Common Chronic Conditions: Self-Care Options to Complement Your Doctor's Advice**

*Carolyn Chambers Clark*

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go beyond standard medical treatment to treat yourself to wellness

Suffering from a serious condition? Do you have questions that your doctor may not have answered-and are you wondering if you're doing everything you possibly can to get and stay well?

Turn to this authoritative, compassionate resource when you're seeking further guidance and reassurance.

Written by a certified holistic nurse and approved by the most respected professional association of holistic nurses, American Holistic Nurses' Association Guide to Common Chronic Conditions offers a blend of traditional, alternative, and complementary advice that works in conjunction with your doctor's care. Based on the latest scientific research, this holistic self-care guide covers twenty chronic conditions, providing you with the total picture of your condition and explaining in clear, friendly language what you can do to complement your doctor's prescribed treatment. Holistic nurses engage in therapeutic partnerships with their clients, and this book will work with you to help you understand your condition and teach you specific, safe actions you can take to feel better and improve your health.

- \* Offers a host of self-care measures
- \* Presents thorough explanations of each condition, from diagnosis to enhanced wellness
- \* Addresses side effects and reactions to medicines, treatments, and surgery
- \* Includes cutting-edge research that supports each self-care approach

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Playing with family in a very park, coming to see the sea world or hanging out with buddies is thing that usually you could have done when you have spare time, in that case why you don't try matter that really opposite from that. One activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love American Holistic Nurses' Association Guide to Common Chronic Conditions: Self-Care Options to Complement Your Doctor's Advice, you may enjoy both. It is excellent combination right, you still want to miss it? What kind of hang-out type is it? Oh can happen its mind hangout people. What? Still don't buy it, oh come on its named reading friends.

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