



Don t Sweep It Under the Drug!: Integrating Evidence-Based Body Mind Spiritual Practices Into Your Health Wellness Tool Kit (Paperback)

By Cathy Rosenbaum

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Studies show that nearly 70 percent of Americans regularly take at least one prescription drug. One in four of these prescription drug users also reports taking a non-vitamin dietary supplement. How many of these pills and tablets are necessary? Are medications and supplements really improving our health? Dr. Cathy Rosenbaum s answer to that question is an emphatic no. Rosenbaum, a clinical pharmacist and holistic health expert, has more than fifteen years of experience in health consulting and coaching. A trip to China to explore herbal research as well as integrative health and medicine care options for her ailing father led her to embrace the mind-body-spirit paradigm. Her book Don t Sweep It Under the Drug! combines her extensive pharmacology experience with a natural, comprehensive approach to health care. Rosenbaum discusses polypharmacy, basic drug and supplement safety, and teaches you how to apply her Eight Balance Point Model For Healing to help you build a personalized health tool kit. She doesn t categorically exclude prescription drugs but instead encourages readers to explore other health-improving practices such as sleep hygiene, exercise,...

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