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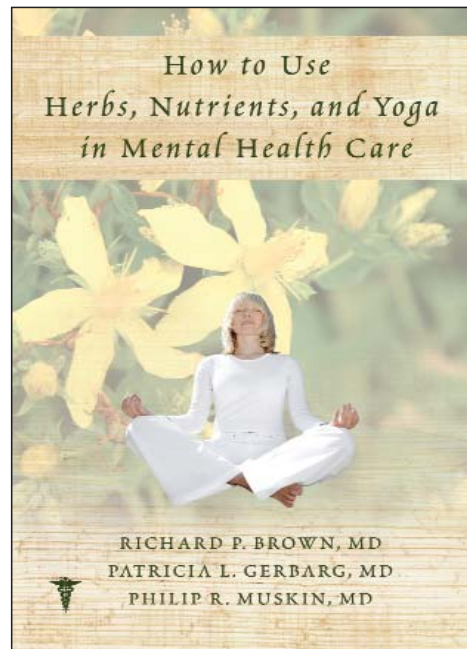
## How to Use Herbs, Nutrients, and Yoga in Mental Health Care

RICHARD P. BROWN, MD, PATRICIA L. GERBARG, MD, AND PHILIP R. MUSKIN, MD

**A guidebook to natural and safe solutions for ADD/ADHD, Depression, Substance Abuse, Alzheimer's Disease, Sexual Dysfunction, PMS, Fibromyalgia and more...**

The trend is clear: clients and consumers alike want control over their health care choices, making the time ripe for a practical resource that guides both the clinician and the consumer on complementary and alternative medicine (CAM). From mood, memory, and anxiety disorders to ADD, sexual enhancement issues, psychotic disorders, and substance abuse, every chapter covers a major diagnostic category.

The authors present a range of complementary and alternative treatments—including the use of herbs, nutrients, vitamins, nootropics, hormones, and mind-body practices—that they have found to be beneficial for various conditions within each category. Brown, Gerbarg, and Muskin have distilled an otherwise daunting field of treatment down to its basics: their overriding approach is to present the CAM methods that are most practical in a clinical setting, easy to administer, and low in side effects. With helpful summary tables at the end of each chapter, clinical pearls, and case vignettes interspersed throughout, this is a must-have resource for all clinicians and consumers who want the best that alternative medicine has to offer.



*"A go-to source for information on integrative mental health."* – Mehmet C. Oz, MD, FACS, Professor of Surgery, Vice Chair, Dept. of Surgery, Columbia University, College of Physicians and Surgeons

*"[O]ne of the most clinically useful and practical books on integrating complementary and alternative treatments into our practices!...[F]or mental health professionals and consumers alike this is a must-have book!"* – Michelle Riba, MD, Associate Chair for Integrated Medicine and Psychiatry, Dept. of Psychiatry, University of Michigan

*"Rational, reliable, authoritative, and highly recommended!"* – Mark Blumenthal, Founder & Executive Director, American Botanical Council

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