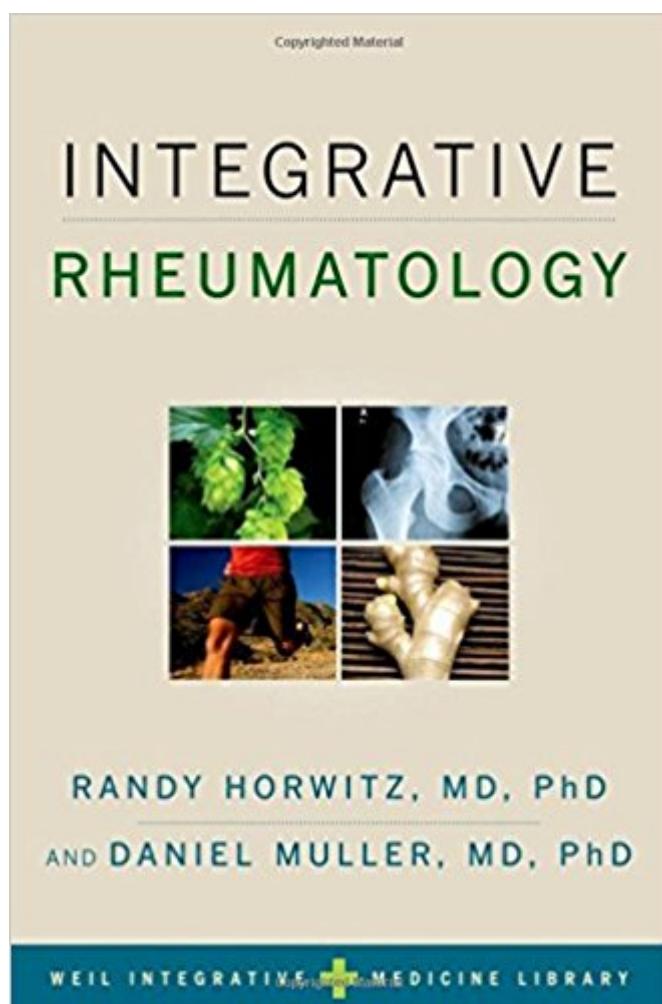


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# Integrative Rheumatology (Weil Integrative Medicine Library)



## Synopsis

Integrative Rheumatology offers a new and much-needed perspective in disease and symptom management, blending conventional medicine with alternative approaches not typically included in a Western medical practice. While conventional treatments can provide considerable symptomatic relief and can even slow the progression of many rheumatologic conditions, integrative treatment incorporating lifestyle interventions, mind-body approaches, and practices such as acupuncture and meditation into conventional medical therapies can improve quality of life, reduce medication dosages, and are generally better tolerated. In this book, researchers and clinicians highlight specific gaps in conventional rheumatologic care and examine how alternative approaches may be ideally suited to address these missed opportunities. Here, the authors introduce topics not typically addressed in conventional rheumatology texts, including nutritional therapies, exercise, herbal medicine, mind/body approaches, Ayurveda, and energy medicine. The contributors, all of whom have a background in academic medicine, share the approaches that they have found most effective in their own practices, basing their work on the best scientific evidence available. Ultimately, an understanding of complementary and alternative approaches to healing can help clinicians care for their patients using the best proven therapies to modify disease progress and relieve pain and disability.

## Book Information

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## Customer Reviews

This beautifully produced volume was not only a pleasure to handle but also a real pleasure to read.

\* International Musculoskeletal Medicine \*

Randy Horwitz is the Medical Director of the Program in Integrative Medicine at the University of Arizona. Daniel Muller is an Associate Professor of Rheumatology at the University of Wisconsin Medical Center.

\*Note: my reviews of books typically do not give details which would be found in the synopsis; instead this is a more personal account which I hope will be useful anyway. As a lay person, a patient actually, this book interested me for several reasons: I prefer to use a complimentary and alternative medicine (CAM) approach to managing my Lupus and Rheumatoid Arthritis. Over the span of several years I have met and worked with several of the doctors that have authored chapters in this book, including Dr. Horwitz. I am interested in investigating and understanding how doctors perceive the role of CAM in practice with their patients. Frankly, I think this book is intended to be a doctor-to-doctor reference. If you are looking for a manual to manage a rheumatic illness, this is not the one. The chapters give points of view from the individual doctors on how they view and use CAM in their respective practices. For me, it was surprising to discover that some doctors I have worked with support CAM and some are far less supportive, which I was not aware of as their patient. I had a few "ah-ha" or light bulb moments and finally understood why I certain doctor patient relationships worked and others didn't. This book does contain information that can help you better understand things from a doctor's perspective and can give you good questions to ask on your next visit.

This book is a perfect combination of taking physicians from the typically "Western Medical Field" and seeing how they are putting to great use of "Alternative" and "Integrative" ways of medicine to help their patients! It is a definite "must read" for patients and for physicians/those in the medical field, especially RA; along with other Autoimmune Arthritic and other illnesses.

Quite comprehensive, evidence-based, and objective. And it's an easy read.

Lots of great info, but definitely written for health professionals.

My partner loves it - helps understand her RA.

Have inflammation/arthritis and hoped it would provide treatment modality plan. I have a medical background and am use to text books but this is reads like a collage of doctors post grad thesis work.

A new source for solving the very common rheumatology problems faced by primary care docs like me and specialists in rheumatology is an excellent reference test, *Integrative Rheumatology*<sup>1</sup>, part of the Weil Integrative Medicine Library. It is expertly written/edited by Randy Horwitz, MD, PhD, head of clinical medicine at the Arizona Center for Integrative Medicine and Daniel Muller, MD, PhD, a rheumatologist from the University of Wisconsin in Madison. I highly recommend acquiring a copy for you library as well as clinical decision making. The book is organized into roughly three sections. The first six chapters cover various CAM/nutritional therapies. Chapters 7-13 cover alternative systems of care and modalities such a mind-body and manual medicine. The last chapters, 14-19, are disease specific and focus on integrative medicine approaches to common rheumatologic complaints. Chapter 20, by Dan Mueller is "The Future of Rheumatology Is Integral." Mueller touches on six seed topics: active healing (patient involvement in their own healing process); integrative vs integral medicine (the effects of patients on us as doctors as well as ours on them, with a brief explication of Ken Wilber's "theory of everything"); wisdom and compassion; lenses (perspectives we use to see ourselves and our patients, replete with numerous consciousness-raising references); creativity(giving space to our creative self in the healing process); dropping attachment to outcomes (seeing the patient as whole and getting out of the way of their own process of healing). This short and impactful chapter sets the tone for the heart and soul of how integrative rheumatology might be different than conventional practice. The strength of this book is in its concise, well-referenced chapters written by experts in their fields which include standard of care and integrative approaches. It broadens the scope of therapeutic interventions in rheumatology for primary care and specialty physicians without being overwhelming or speculative and is highly useful as a result. Indeed, the only criticism I can have of this fine work is that it does less than it could have by its fairly conservative choices of recommendations. Perhaps by staying with well referenced and better evidenced therapies, it is most helpful and credible to the clinician new to integrative medicine than a broader ranging approach or in-depth would be. The nutritional/botanical/supplement approaches alone are worth the value of the book though the heart of it is book-ended by Chapters 1 and 20 that emphasize the truly holistic values embodied throughout.

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