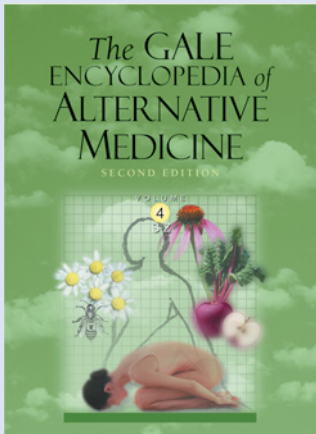


# The Gale Encyclopedia of Alternative Medicine




## The Gale Encyclopedia of Alternative Medicine

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“Superb publication, unique in the field... a must for any person interested in CAM or who provides care to anyone using these therapies.”

— Doody Enterprises on previous edition of *The Encyclopedia of Alternative Medicine*

**NEW EDITION**  Recipients of Western medicine are increasingly turning to complementary and alternative medical (CAM) therapies to supplement or replace traditional treatments. Because of its comprehensive coverage of CAM treatments and therapies, as well as popular herbal treatments and influential people in the field, previous editions of the *The Gale Encyclopedia of Alternative Medicine* were “recommended” by Choice and recognized as a Doody Core Title.

The third edition of *The Gale Encyclopedia of Alternative Medicine* continues the set’s praise-worthy tradition by adding 50 new entries and revising and updating 300 others. Over 875 entries, arranged from A-Z, cover:

- Types of alternative medicine being practiced today, including reflexology, acupressure, acupuncture,

- chelation therapy, kinesiology, yoga, chiropractic, Feldenkrais, polarity therapy, detoxification, naturopathy, Chinese medicine, biofeedback, Ayurveda and osteopathy

- Conditions and diseases — ailments that are assuaged with the use of alternative therapies, including bladder infection, dandruff, Lyme disease, memory loss, meningitis, neck pain, prostate cancer, shingles and more

- Herbs and remedies — descriptions of the medicinal and health benefits of everything from anise and artichoke to yarrow and yucca

Information on alternative therapies and herbal remedies are balanced by conclusions of studies on efficacy and by analysis of current levels of acceptance by traditional scientists and doctors.

More comprehensive than single-volume family medical guides, *The Gale Encyclopedia of Alternative Medicine* is accessible for the layperson, appropriate for graduate students, and priceless for the practitioner interested in CAM or who has patients using CAM therapies.

Antioxidant	Health benefits	Food sources
Selenium	Helps maintain healthy hair and nails, enhances immunity, works with vitamin E to protect cells from damage. Reduces the risk of cancer, particularly lung, prostate, and colorectal.	Garlic, seeds, Brazil nuts, meat, eggs, poultry, seafood, whole grains. The amount in plant sources varies according to the content of the soil.
Beta-carotene	Keeps skin healthy, helps prevent night blindness and infections, promotes growth and bone development.	Red, yellow-orange, and leafy green vegetables and fruits, including carrots, sprouts, cantaloupe, peppers, tomatoes, spinach, broccoli, sweet potatoes, and pumpkin.
Vitamin E	Acts as the protector of essential fats in cell membranes and red blood cells. Reduces risk of cancer, heart disease, and other age-associated diseases.	Peanut butter, nuts, seeds, vegetable oils and margarine, wheat germ, avocado, whole grains, salad dressings.
Vitamin C	Destroys free radicals inside and outside cells. Helps in the formation of connective tissue, the healing of wounds, and iron absorption, and also helps to prevent bruising and keep gums healthy. May reduce risk of cataracts, heart disease, and cancer.	Peppers, tomatoes, citrus fruits and juices, berries, broccoli, spinach, cabbage, potatoes, mango, papaya.
Vitamin A	Protects cell membranes and fatty tissue, helps repair damage caused by air pollutants, and boosts the immune system. Helps bones and teeth develop and promotes vision.	Liver, eggs, and fortified dairy products.

(Illustration by GDS Information Services, Cengage Learning, Gale)

beta carotene may help reduce the risk of some cancers, heart disease, cataracts, and strokes.

A number of studies were released in 2007 that reported conflicting information on the effectiveness of antioxidants in fighting and preventing disease and their anti-aging properties. In early 2007, the *Journal of the American Medical Association (JAMA)* published an analysis of six studies of antioxidant supplements by researchers in Denmark that reported the antioxidants vitamins A, E, and beta carotene did not increase lifespan and, in

some cases, shortened it. Some researchers in the United States questioned the accuracy of the study, saying it was flawed because it looked at all causes of death, including murder and auto accidents, even though there clearly is no relationship between taking antioxidant supplements and these types of deaths. Also, U.S. researchers said the studies used in the analysis were not uniform in their length of time or in the dosages taken of the antioxidants. The dosages that were used in the study were extremely high, further tainting the conclusion, some U.S. researchers said.

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109

▲ Engaging and useful images — including photos, tables and customized drawings — enrich the text.

## CAN MAGNETS RELIEVE ARTHRITIS PAIN?

Does the scent of lavender calm the nerves? Is St. John's Wort a mood enhancer? Authoritative, objective and in tune with the subjects that matter to students and researchers, *The Gale Encyclopedia of Alternative Medicine* presents current, unbiased information on alternative and complementary medical practices.

## EASY FORMAT, ENGAGING VISUALS

A standardized format helps readers get the most from *The Gale Encyclopedia of Alternative Medicine*. The "Therapies" entries include, for example, the rubrics of origins, benefits, description, preparation, precautions, side effects, research and general acceptance, resources and key terms. Similar lists characterize "herbs/remedies" and "diseases/conditions" entries. Readers will also find more than 450 useful, colorful images, including photos, tables and customized drawings.

## HELPFUL EXTRAS

The following features assure users of finding needed information:

- A list of key terms defines unfamiliar words or concepts
- A Resources section directs users to books, articles, and other sources of further complementary medical information
- An Appendix of alternative medical organizations arranged by type of therapy and includes valuable contact information
- A comprehensive general index to target any topic

## WRITTEN BY EXPERTS WITHOUT MEDICAL JARGON

The full-length essays in *The Gale Encyclopedia of Alternative Medicine* were compiled by experienced medical writers, including alternative health care practitioners and educators, nurses and pharmacists. Medical jargon is avoided, making the set easier for the general reader to use. A professional advisory board reviewed completed essays to ensure that they are appropriate, up-to-date and accurate.

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### EVARTS LOOMIS (1910-2003)

Evarts G. Loomis is known as the father of holistic medicine. A homeopathic physician of international renown, he was an advocate of holistic treatment of disease, natural foods, exercise and meditation. Loomis was licensed to practice traditional medicine in 1946, but began early in his career to disengage from a quiet or dull practice. He served as a drug-store doctor with the General Mission in Newfoundland, Canada, worked in Algeria, as well as with the Friends Ambulance Unit in China before he founded Meadowlark, the first holistic retreat in North

America. Loomis was a pioneer in the holistic health movement in the United States. He was also a proponent of regulated, monitored 24-hour fasts, trading the benefits of both the water fast and the all-juice fast.

He and his partner, Fay Loomis, operated Health and Growth Associates, from their home in Hemet, California. Loomis also utilized Dream Work and Kinesiology (the study of human movement) in his health and personal growth counseling.

the body adapted to it. It is estimated that even very thin people can survive for 40 days or more without food. The body has a special mechanism that is initiated when no food is eaten. Fasting is not starvation, but rather the body's burning of stored energy. Starvation occurs when the body no longer has any stored energy and begins using essential tissues such as organs for an energy source. Therapeutic fasts are stopped long before this happens.

Many physiological changes occur in the body during fasting. During the first day or so, the body uses its glycogen reserves, the sugars that are the basic energy supply. After these are depleted, the body begins using fat. However, the brain, which has high fuel requirements, still needs glucose (sugars converted from glycogen). To obtain glucose for the brain, the body begins to break down muscle tissue during the second day of the fast. Thus, during fasting some muscle loss will occur. To fuel the brain, the body would need to burn over a pound of muscle a day, but the body has developed another way to create energy that saves important muscle mass. This protein-sparing process is called ketosis, which occurs during the third day of a fast for men and the second day for women. In this highly efficient state, the liver begins converting stored fat and other nonessential tissues into ketones, which can be used by the brain, muscles, and heart as energy. It is at this point in the fast that sensations of hunger generally go away, and many people experience normal or even increased energy levels. Hormone levels and certain functions become more stable in this state as well. The goal of most fasts is to allow the body to reach the ketosis state in order to burn excess fat and unneeded or damaged tissue. Thus, fasts longer than three days are generally recommended as therapy.

Weight loss occurs most rapidly during the first few days of a fast, up to 2 lbs (1kg) per day. In

following days, the figure drops to around 0.5 pound per day. An average weight loss of a pound a day for an entire fast can be expected. Studies show that cutting back just once a month can jump-start healthier eating and help rid one's body of a lifetime of extra calories.

#### Performing a fast

Fasts can be performed for varying lengths of time, depending on the person and his or her health requirements. For chronic conditions, therapists recommend from two to four weeks to get the most benefits. Seven-day fasts are also commonly performed. A popular fasting program for prevention and general health is a three-day fast taken four times per year, at the change of each season. These can be easily performed over long weekends. Preventive fasts of one day per week are used by many people as well.

Juice fasts are also used by many people, although these are not technically fasts. Juice fasts are less intensive than water fasts because the body does not reach the ketosis stage. The advantage of juice fasts is that fruit and vegetable drinks can supply extra energy and nutrients. People can fit a few days of juice fasting into their normal schedules without significant drops in energy. Juice fasts are also said to have cleansing and detoxifying effects. The disadvantage of juice fasts is that the body never gets to the ketosis stage, so these fasts are thought to lack the deep-detoxification and healing effects of the water fast.

Medical supervision is recommended for any fast over three days. Most alternative medicine practitioners, such as homeopaths, naturopaths, doctors, and ayurvedic doctors, can supervise and monitor patients during fasts. Those performing extended fasts and those with health conditions may require blood, urine, and other tests during fasting. There are many alternative health

GALE ENCYCLOPEDIA OF ALTERNATIVE MEDICINE, 3<sup>RD</sup> EDITION

813

▲ **Biographies of pioneers in the field — including Deepak Chopra, Edward Bach and David Palmer — appear as sidebars through the text**

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