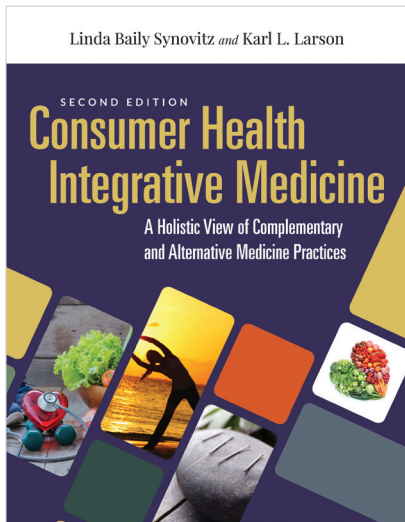


TRANSITION GUIDE



Linda Baily Synovitz, RN, PhD
Karl L. Larson, PhD

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This transition guide serves to outline the updates and new content found in Synovitz and Larson's **Consumer Health & Integrative Medicine: A Holistic View of Complementary and Alternative Medicine Practice, Second Edition**.

SUMMARY

Today, being a health consumer encompasses more than being knowledgeable about traditional medicine and health practice but also includes the necessity to be well informed about the expanding field of complementary and alternative medicine. **Consumer Health and Integrative Medicine: A Holistic View of Complementary and Alternative Medicine Practices, Second Edition** was written to expand upon the many alternative modalities that many other consumer health texts overlook. It includes chapters on the major alternative medicine systems and healing modalities, including Ayurvedic medicine, traditional Chinese medicine, naturopathy, homeopathic medicine, chiropractic medicine, massage, reflexology, and herbs or botanicals. The authors' mission is to increase reader's knowledge base, not make up their mind, as we all make better choices related to our own personal health care practices when we are informed consumers.

KEY FEATURES

- **Case Studies:** Each chapter contains one or two case studies so that readers can apply chapter concepts in a more personal way. Case studies are presented as scenarios intended to evoke analytical thinking skills. Application of concepts presented are made easier because of the ways in which scenarios are presented.
- **"In the News":** The "In the News" features are also intended to engage the reader in an active learning process because they relate to the chapter topics. We offer questions concerning the news feature that encourages analytical thinking and which makes the situation or problem personally relevant.
- **Suggestions for Class Activities:** As in any college course, we believe that students learn better when they are actively engaged in the classroom. Therefore, suggestions for classroom activities are included at the end of each chapter. This gives all students an opportunity to present in the classroom, work in a group, or engage in an activity. A classroom activity may also involve bringing in a practitioner who explains his or her practice and who then engages the class in a particular activity.

STUDENT RESOURCES

- **Review Questions:** Many review questions may be found at the end of each chapter. These are intended to help the reader conceptualize and reflect on main points.
- **Appendices** that walk students through techniques for hands-on experience.

INSTRUCTOR RESOURCES

- **Lesson Plans** for each chapter.
- **Sample Syllabus.**
- **Slides in PowerPoint™ format** for each chapter.
- **Test Bank** for each chapter.
- **Answer Key** to Test Bank questions.

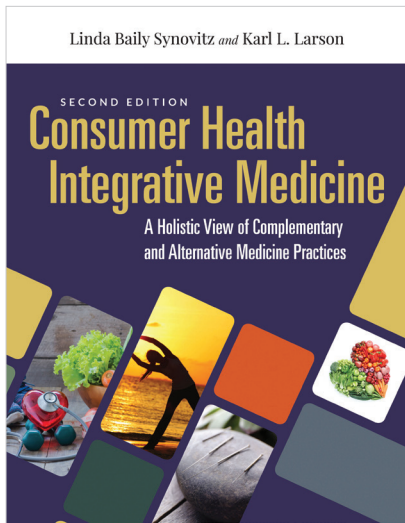


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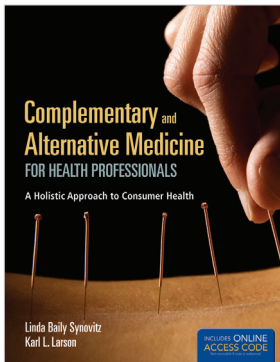
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GENERAL CONTENT UPDATES (SEE TOC COMPARISON BELOW FOR SPECIFIC UPDATES)

- **NEW!** The title of the book has been changed to place a greater light on the consumer health and integrative medicine aspects of the text.
- **UPDATED!** Changes in terminology to comply with updated NIH terminology.
- **REVISED!** Chapter 5, "Conventional Medicine and Health Care," has brand new information on health insurance coverage and cost of personal health in lieu of the Affordable Care Act. All new considerations on how the ACA has impacted American health care.
- **REVISED!** A brand-new section in Chapter 14 addressing Mindfulness and its role in Mind-Body Intervention.
- **REVISED!** A brand-new section in Chapter 15 regarding the human biofield, as well as a whole new section of classroom activities.
- **REVISED!** Chapter 16 now addresses the Ephedra controversy of the early 2000s, and also addresses more specific types of quackery by topic area (such as HIV, cancer treatment, and sexual function).
- **REVISED!** Chapter 17 of the previous edition has been shortened and incorporated as part of Chapter 5 for a more streamlined, organized informational layout.
- **UPDATED!** New research and statistics have been incorporated throughout the book regarding the various complementary and alternative methodologies. We have strengthened our information on evidence-based research into CAM and incorporated more information as to how these fit into the current Western medicine environment.

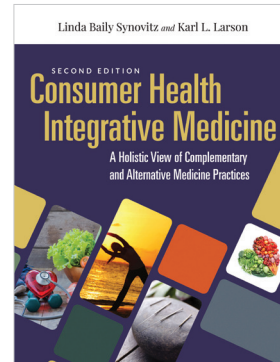
CHAPTER OUTLINE

This chapter outline comparison has been created to help you easily transition to the *Second Edition* from the *First Edition*. Note that chapter content from the *First Edition* may now be found in a different chapter in the *Second Edition*. Also note that chapter numbers and titles may have been updated.



Complementary and Alternative Medicine for Health Professionals: A Holistic Approach to Consumer Health

by Linda Baily Synovitz and Karl L. Larson



Consumer Health & Integrative Medicine: A Holistic View of Complementary and Alternative Medicine Practice, Second Edition

by Linda Baily Synovitz and Karl L. Larson

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