



Wellness Practitioner : Concepts, Research, and Strategies (2nd Edition)

Carolyn Chambers Clark

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This is a resource on health maintenance, disease prevention and complementary or alternative health practices for nurses, GPs and other health professionals, both conventional and complementary. The book explores conceptual bases and practical techniques for a wide range of health promotion activities and therapies. Topics covered include relaxation and stress management, nutrition, exercise, herbal remedies, massage, imagery, affirmations, reflexology, aromatherapy, natural healing and self-care measures. These in turn are applied to conditions ranging from hay fever to multiple sclerosis. Environmental influences and community wellness are addressed in separate chapters. Each chapter includes learning exercises to facilitate learning.

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