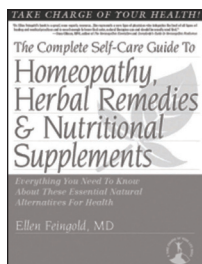


## B O O K S

**The Complete Self-Care Guide to Homeopathy, Herbal Remedies and Nutritional Supplements: Everything You Need to Know About These Essential Natural Alternatives for Health.** *Ellen Feingold, MD.* Albany, NY: Whitston Publishing, 2008, 407 pages, \$24.95.

**Softcover**



Feingold's book provides an organized and easy-to-read resource for the use of homeopathic remedies, herbs, and nutritional supplements. Feingold progressed from a traditionally trained physician who was frustrated by her inability to sustain wellness for her patients, even when she was able to provide restorative treatment, to one who improves outcomes by integrating homeopathy, herbs, and nutritional supplements. She concludes that people can practice homeopathy themselves and provides a usage guide for the book in her introduction.

Although the intended reader is the consumer, anyone with limited understanding of homeopathic therapies may find the content helpful. The book is organized by therapy, ailment, disorder, and symptom (e.g., homeopathy for allergies, asthma, infections, coughs). The author devotes nearly two-thirds of her book to homeopathic remedies; herbal remedies and nutritional supplementation content make up the final third. Homeopathic therapy in cancer care is addressed in only a single section, but cancer care is not the intended focus of the book. Cautions are acknowledged, and each section provides guidelines for consulting one's healthcare provider. The language "you should consult

your healthcare provider if the patient . . ." usually refers to an untoward effect, which becomes confusing because the author acknowledges that the book is intended for self-care.

The book's strongest sections are on homeopathy and resources. Feingold's book provides an incomplete guide that is not oncology specific and does not contain sufficient cautions regarding herbs and supplements. More appropriate resources for healthcare professionals are listed in the references section of the book.

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**Reiki Touch® Twentieth Anniversary Edition: Professional Touch Mysteries.** *Julia Carroll, MA, ATR.* Houston, TX: Reiki Touch® Institute of Holistic Medicine Publishing, 2008, 172 pages, \$65.

**Softcover**



*Reiki Touch® Twentieth Anniversary Edition: Professional Touch Mysteries* discusses Reiki touch, healing touch, therapeutic touch, and related research issues. Aromatherapy, massage, and meditation as used with Reiki touch also are discussed briefly. Each section describes the history and beliefs of the modality, the process of learning and usage, and research findings and ends with appropriate contacts and a glossary of terms.

The aromatherapy and massage section describes uses of 21 common essential oils. Hot stone therapy and raindrop therapy also are described. The research section focuses on complementary and alternative therapies, particularly Reiki touch. Different research

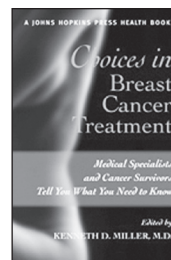
study designs, roles, funding, processes, and variables are discussed and illustrated by a qualitative Reiki touch study.

The descriptions and discussions in the book are at a basic level, and, although other sources (e.g., research studies) are cited, a full reference list is not included. Overall, *Reiki Touch Twentieth Anniversary Edition: Professional Touch Mysteries* offers a basic introduction to the three most common bio-field therapies.

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**Choices in Breast Cancer Treatment: Medical Specialists and Cancer Survivors Tell You What You Need to Know.** *Kenneth D. Miller.* Baltimore, MD: Johns Hopkins University Press, 2008, 416 pages, \$18.95.

**Softcover**



*Choices in Breast Cancer Treatment* may help readers to understand treatment by providing good basic information. Similar to other lay books about cancer, the first part focuses on a general overview of breast cancer. The second part discusses treatment aspects in which leaders in breast cancer discuss their respective expertise. The third section reflects the editor's notes about the experience of the disease. Finally, the fourth and fifth sections weave in personal experiences with breast cancer.

A particular strength is that the chapters are written directly to the reader in second person. The underlying tone establishes an understanding of the terrifying feelings that pervade newly diagnosed patients. The book focuses on what patients generally want to know, then addresses the reader's questions about the disease.

The information about breast cancer is well written and very understandable for the lay audience. Likewise, the details are comprehensive from a doctor's point of view. However, the multidisciplinary team approach, which incorporates nursing, social, rehabilitation, nutrition, and support services,

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Ease of Reference and Usability	Content Level	Media Size
Quick, on-the-spot resource	Basic	Pocket size
Moderate time requirement	Intermediate	Intermediate
In-depth study	Advanced and complex, prerequisite reading required	Desk reference