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| <b>Venue:</b>                         | Doody's Book Review Service   |
| <b>Title:</b>                         | Book Review: Integrative healthcare remedies for everyday life, Malinee Thambyayah  |
| <b>Date:</b>                          | 2024  |
| <b>Type:</b>                          | Book Review   |
| <b>Author(s)/<br/>Presenter(s):</b>   | Sara Fier   |
| <b>Abstract (or Book<br/>Review):</b> | <p><b>Description</b></p> <p>The book covers various fields of integrative care including Ayurveda, hyperbaric oxygen therapy, and pet therapy. The main body of the book presents integrative care options for health concerns categorized by body system. A section on mental health is also included.</p> <p><b>Purpose</b></p> <p>The book is intended as an integrative health reference book for health professionals and the general public, complete with recipes for a variety of health and mental health conditions. While the information given useful, its presentation would be enhanced by discussion of how the remedies or treatments would help a condition. For example, if one consumed the cow urine, ghee, and herb-spice mix as recommended for schizophrenia, what outcome could one expect? Should one schizophrenia recipe be chosen or should all 16 of the recipes in the Indian natural remedies section be consumed? While there are references provided at the end of each chapter, there are no in-text citations, and there is substantial reliance on website references.</p> <p><b>Audience</b></p> <p>The intended audience is clinicians and other people interested in integrative medicine.</p> <p><b>Book Content/Features</b></p> <p>The book is organized into chapters addressing bodily systems, with additional chapters addressing mental health conditions, cancer, and immune boosters. Within each chapter, various health disorders related to the bodily system are presented. For example, the renal system chapter begins with a discussion of kidney stones. That is followed by presentation of Indian natural recipes, Chinese natural recipes, and modern remedies such as medication and surgery. While there are difficult choices to be made about which health conditions to include and which to exclude, information about inclusion criteria was not noted. One omission was the absence of major depressive disorder from the discussion of depressive disorders in the mental health chapter.</p> |

**Website Content/Features**

The book is available in an online ebook format, with a built-in audio book feature facilitating accessibility. It is necessary to create an account to use the online content. Steps involved include setting up an account, email confirmation, and entry of the code included in the book. The ebook itself is easy to search and navigate. There are options to highlight and take notes and a read-aloud feature with a computer-generated voice. An interactive glossary, and hyperlinks in the reference list are provided. An app is available for mobile devices.

**Assessment**

The book presents an interesting overview of information and options one might consider when investigating options to treat a health condition. Although recipes are provided, utilizing the remedies under the care of appropriate, knowledgeable practitioners seems important. While the book is intended for readers to treat conditions using the recipes in the book, the information seems incomplete for that purpose. In addition, those who value turning to peer reviewed evidence for confirmation of treatment efficacy will find it challenging to do so using the information provided.