

Venue:	Doody's Book Review Service
Title:	Book Review: Complementary and alternative medicinal approaches for enhancing immunity, Mehwish Iqbal
Date:	2023
Type:	Book Review
Author(s)/ Presenter(s):	Anusha Natarajarathinam
Abstract (or Book Review):	<p>Description: This book details complementary and alternative medicinal approaches to optimize immunity, such as Ayurveda and Unani. It addresses the concerns of all readers who are interested in improving their health by making a few lifestyle modifications.</p> <p>Purpose: The purpose of the book is to describe different herbal and natural dietary changes individuals can implement to improve their lifestyle. These are worthy objectives, as any type of lifestyle change that can help improve human health is important to consider, especially post-pandemic. The book meets its objectives.</p> <p>Audience: The target audience includes individuals who have various health issues owing to their diets and ways of living. The book can also serve as a guide for Ayurveda, Unani, or any other holistic medicine practitioners. The author is a physician who practices complementary and alternative medicine (CAM) and is in good standing to write this book.</p> <p>Features: The book's uniqueness is in narrating the history, chemical properties, and advantages and disadvantages of most of the holistic medicinal approaches. One area for improvement would be to include additional references.</p> <p>Assessment: This book is comparable to Complementary and Alternative Medicine for Health Professionals: A Holistic Approach to Consumer Health, Synovitz and Larson (Jones & Bartlett Learning, 2013), which discusses various other integrative care approaches such as massage, Chinese herbal medicine, and acupuncture. The author should consider these topics in a future edition.</p>