

AMERICA'S MOST COMMON AILMENT

SINUS **SURVIVAL**

R E V I S E D

**A Self-Help Guide
for Allergies, Bronchitis,
Colds, and Sinusitis**

Dr. Robert S. Ivker

Foreword by Gilbert W. Levitt, M.D.

Sinus Survival

Robert S. Ivker



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Sinus Survival Robert S. Ivker,2000-09-25 Sinus Survival provides crucial guidance and information on such topics as how to select over the counter drugs that won't do more harm than good how to learn simple exercises that can aid sinus drainage and how dietary and lifestyle changes can significantly relieve sinus and respiratory disease

Sinus Survival Robert S. Ivker,1994-03-01 Dr Ivker shares the practical diagnostic tips and remedies that enabled him to successfully treat more than 20 000 sinus patients Readers learn about the factors that cause sinusitis how drugs can affect their sinuses the effects of diet environment and emotions and more

Sinus Survival Robert S. Ivker,1992 For the 30 million American sinus sufferers Dr Ivker offers practical diagnostic tips a variety of treatment alternatives including traditional and holistic techniques and preventive recommendations He also details the potential hazards of breathing polluted air and presents steps that readers can take to protect themselves

Sinus Survival Robert S. Ivker,1988-12 *Integrative Medicine* David Rakel,2007-01-01 Drawing on solid scientific evidence as well as extensive first hand experience this manual provides the practical information you need to safely and effectively integrate complementary and alternative treatment modalities into your practice It explains how alternative therapies can help you fight diseases that do not respond readily to traditional treatments presents integrative treatments for a full range of diseases and conditions including autism stroke chronic fatigue syndrome and various forms of cancer explores how to advise patients on health maintenance and wellness and offers advice on topics such as meditation diet and exercises for back pain 24 new chapters a new organization make this landmark reference more useful than ever Provides dosages and precautions to help you avoid potential complications Delivers therapy based pearls to enhance your patient care Facilitates patient education with helpful handouts Offers helpful icons that highlight the level and quality of evidence for each specific modality Includes bonus PDA software that lets you load all of the therapeutic review sections onto your handheld device Presents a new organization with numerous section headings and subheadings for greater ease of reference Provides additional clinical practice and business considerations for incorporating integrative medicine into clinical practice

[Sinus Survival](#) Robert S. Ivker,2006-03-01 More than one out of three Americans suffer from at least one of the 4 most common chronic respiratory diseases sinusitis allergies bronchitis asthma Here Dr Ivker offers readers medical advice for the holistic healing prevention of these common respiratory conditions His recommendations range from practical diagnostic tips to a variety of conventional holistic treatments preventive measures Includes chapters on the influence of candida on sufferers most frequently asked questions Affirms that sinus respiratory ailments easily lend themselves to self healing Sets forth a practical plan for people with sinus respiratory disease to lead healthy lives even in an increasingly unhealthy environment Illustrations

Cannabis for Chronic Pain Rav Ivker,2017-09-12 The first authoritative and comprehensive guide for treating chronic pain with medical marijuana from a holistic family physician who has treated more than six thousand chronic pain patients with cannabis While the number of

patients using medical marijuana increases every year misconceptions about cannabis and whether it's harmful or dangerous still exist In *Cannabis for Chronic Pain* Dr Rav explains the potential of marijuana's capacity for healing anyone afflicted with chronic pain Medical marijuana is a safe non-addictive alternative to dangerous opiate pain pills Along with sharing his own story of using medical marijuana to heal from a severe case of shingles Dr Rav guides you through the cannabis and holistic treatment for your specific chronic pain condition If you are suffering from arthritis back pain migraines fibromyalgia menstrual cramps IBS Crohn's Disease anxiety depression or pain from cancer or its treatment this may be the book for you Dr Rav offers step-by-step instruction on the benefits and appropriate use of medical marijuana And he dispels many of the misconceptions Did you know that you don't have to smoke or eat cannabis for it to be effective There are now patches and drops We are entering a new age of acceptance and perhaps most importantly as Dr Rav highlights it is now possible to create a distinct cannabis prescription for different types of chronic pain Find what works for you and finally get the relief you need *Cannabis for Chronic Pain* is the new definitive guide for anyone who suffers from chronic pain

Asthma Survival Robert S. Ivker, Todd Nelson, 2001 Modeled directly on the bestselling *Sinus Survival* here is the most integrative complete asthma relief guide available today Amazon.com *Integrative Medicine, eBook* David P. Rakel, Vincent Minichiello, 2022-08-12 Written by physicians who are experts in both traditional and complementary medicine *Integrative Medicine* 5th Edition uses a clinical disease-oriented approach to safely and effectively incorporate alternative therapies into primary care practice Drawing on available scientific evidence and the authors' first-hand experiences it covers therapies such as botanicals supplements mind-body lifestyle choices nutrition exercise spirituality and other integrative medicine modalities This highly regarded reference offers practical guidance for reducing costs and improving patient care while focusing on prevention and wellness for a better quality of life Explains how to make the best use of integrative medicine and the mechanisms by which these therapeutic modalities work keeping you at the forefront of the trend toward integrative health care Templated chapters make it quick and easy to find key information such as dosing pearls the Prevention Prescription and Therapeutic Reviews that incorporates the Evidence vs Harm Icon Uses the reliable SORT method Strength of Recommendation Taxonomy to provide evidence-based ratings grading both the evidence and the relative potential harm Thoroughly updated ensuring that you remain well-informed regarding the latest evidence Contains 10 new chapters covering clinician resilience supporting immunity NASH fatty liver hair loss rethinking the movement prescription compassion practices prescribing low-dose naltrexone psychedelics tapering off PPIs and opioids as well as an expanded osteopathy chapter Covers timely topics aimed at reducing the epidemics of polypharmacy and opioid overuse as well as supporting immunity in the face of infectious diseases Provides online access to multiple-choice questions for every chapter perfect for board exam review Enhanced eBook version included with purchase Your enhanced eBook allows you to access all of the text figures and references from the book on a variety of devices

Complementary and Alternative Medicine

Secrets Wendy Kohatsu,2002 This new reference part of The Secrets Series provides balanced coverage of all current complementary and alternative therapies by leading experts in the field Discusses each CAM modality and the disorders for which it has been proven beneficial what to look for in a practitioner of each field whether there is a best CAM approach supporting evidence and the effectiveness of CAM compared to allopathic approaches

Clinical Cardiac Pacing and Defibrillation Kenneth A. Ellenbogen,G. Neal Kay,Bruce L. Wilkoff,2000 International authorities discuss virtually every aspect of cardiac pacing and pacemakers in the Second Edition of this comprehensive reference including temporary cardiac pacing antitachycardia pacing new indications for cardiac pacing complications of cardiac pacing and interference with cardiac pacing Clinically focused and practical it contains essential information for anyone with patients with pacemakers and offers valuable information not available in any other text This edition is completely revised and updated to reflect the latest information

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Slow Medicine Michael Finkelstein,2015-01-27 What would you do with your life if your health were completely restored If you re chronically sick tired or depressed you need a medical examination that includes but goes beyond the exact location of your symptoms Integrative medicine pioneer Dr Michael Finkelstein has helped tens of thousands of patients achieve extraordinary health with his slow medicine prescription of Skillful Living In this refreshing book he guides you through the essential questions for understanding various symptoms and their causes on a path you may never have thought would lead you to solutions Each chapter includes the key components of a successful consultation from revealing lessons to practical prescriptions along with illustrative anecdotes from real patients Taking you beyond conventional medicine to examine the intricate network of factors that lie behind many common illnesses Dr Finkelstein empowers you to take your health back and walk down the slow medicine path one where the answers are in the questions

Rhinology ,2003

Head and Neck Oncology Arthur Robert Kagan,John William Miles,1989

Comprehensive Management of Head and Neck Tumors Stanley E. Thawley,William R. Panje,1987

Breast Carcinoma Monograph ,1973

Meningitis, Sinus Thrombosis and Abscess of the Brain John Wyllie,1911

Shackelford's Surgery of the Alimentary Tract ,1991

Extraordinary Healing Arthur H. Brownstein,Art Brownstein,2005 Dr Brownstein shows readers how they can rev up the human body s least understood system the healing system

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