

# Index

## A

Acupuncture, 4, 6, 9, 17–19, 26, 49, 55, 56  
Adolescents, 2, 8, 18, 19, 29, 32, 52, 57, 82  
Aerial diffusion *See* Aromatherapy, 19  
Allergic rhinitis, 18, 22, 23, 69  
Altered mental states, 29  
Antibiotics, 33, 34, 49, 80  
Aromatherapy, 19, 20, 36  
Asanas, 57  
Asthma, 2, 8, 18, 51, 55, 57, 72  
Attention-deficit/hyperactivity disorder (ADHD), 25, 27, 57, 74  
Ayurveda, 4, 20–24, 32

## B

Biofeedback, 3, 24–26  
Biofield therapies, 26

## C

Chamomile, 36  
China, 4, 17, 54, 55  
Chinese, 21, 27, 33  
Chiropractic, 26–28  
Clinical hypnosis, 28–30  
Coenzyme q10, 77  
Complementary and alternative medicine (CAM), 1–4, 13, 14, 74  
Concentration, 3, 4, 28, 57

## D

Dietary Supplement Health and Education Act (DSHEA), 32  
Dilution, 48  
Doshas, 21, 22, 26  
Drugs, 23, 32–34, 50, 56, 82

## E

Ear drops, 49  
Ear pain, 49, 78, 79  
Echinacea, 34, 35, 80  
Education, 13, 14, 18–20, 24, 25, 28, 30, 31, 48, 50, 52–54, 56, 58  
Efficacy, 6, 19, 23, 27, 32, 34, 49, 55  
Electroencephalography (EEG), 24  
Electromyography (EMG), 24  
Energy, 4  
Energy exchange, 9, 53  
Equilibrium, 52  
Essential oils, 19, 20, 36

## F

Fasting, 49, 50  
Feverfew, 77  
Flexibility, 57  
Flexner report, 13  
Forces, 4  
Future, 93

## G

Gentle touch, 4, 31  
Gunas, 21

## H

Hands-on, 24, 26, 53  
Healing Touch (HT), 30, 31  
Heart rate variability (HRV), 24, 31, 53  
Herbals, 4, 32, 34–36  
Hindu, 56  
Holistic, 5, 20, 27, 50  
Homeopathy, 48

**I**

Imagery, 3, 9, 29, 30  
 India, 4, 20, 23, 24, 56  
 Indian medicine, 23, 33  
 Inhalation, 20, 21  
 Integrative pediatrics, 10, 14, 93

**J**

Joints, 21, 27

**K**

Kapha *See* Doshas, 21

**L**

Laser acupuncture, 18  
 Laying on, 4  
 Life force, 4, 26, 52  
 Like cures like, 4

**M**

Manipulation, 3, 26, 27, 49  
 Manipulative therapy, 50  
 Manual therapy, 28  
 Massage therapy, 48  
 Mechanical equipment, 24  
 Medical school, 13, 14, 48, 54  
 Meditation, 3, 4, 9, 57  
 Migraine, 25, 77  
 Moxibustion, 18  
 Muscle tension, 24

**N**

Nasal, 23, 69  
 National Center for Complementary and  
 Alternative Medicine (NCCAM), 1, 5, 9,  
 13, 33, 48, 50, 52  
 Naturopathy, 4, 49, 50  
 Needles, 4, 9, 17, 18  
 Nurse, 20, 30, 50

**O**

Obesity, 2, 8  
 Osteopathic manipulative treatment  
 (OMT), 51, 52  
 Osteopathy, 3, 50–52  
 Otagia, 78, 79  
 Otitis media, 28, 51, 78, 79

**P**

Pain, 8, 17, 18, 20, 25, 27  
 Pediatric integrative medicine (PIM), 14  
 Pitta *See* Doshas, 21

Prakruti, 21, 22  
 Pranayama, 57  
 Prophylaxis, 35, 77

**Q**

Qi, 4, 17, 26

**R**

Reiki, 4, 52, 53  
 Relaxation, 3, 24, 25, 29, 31, 33, 36, 52, 53,  
 57

**S**

Sanskrit, 20, 56  
 Sneezing, 69, 80  
 Spinal, 27  
 Spine, 3, 26  
 Spirit, 4, 9, 20, 31, 52, 56, 93  
 Steroids, 72  
 Stress, 24, 31, 52

**T**

Taoism, 54  
 Therapeutic Touch, 4, 53, 54  
 Topical applications *See* Aromatherapy, 19  
 Traditional Chinese Medicine (TCM), 4, 17,  
 54–56  
 Trance-like, 28

**U**

Universal energy field, 31  
 Upper respiratory tract infections (URIs), 80

**V**

Vaccination, 27, 50  
 Vata *See* Doshas, 21  
 Vikruti, 22  
 Vitalism, 49  
 Vitamins, 3, 32, 35, 49, 72

**W**

Weight loss, 82  
 Well-being, 3, 19, 31, 52, 53  
 Wellness, 5, 8, 14

**Y**

Yang, 4, 21, 55  
 Yin, 4, 21, 55  
 Yoga, 3, 4, 9, 56–58

**Z**

Zinc, 74, 80