

Chesworth

The Ecology of Health

Identifying Issues and Alternatives

Our environment and our health are quickly becoming two major concerns in today's society and it is increasingly apparent that preservation and survival of both is ultimately linked. The Ecology of Health presents an extensive discussion of the ethics, issues, and choices currently emerging in health and ecology. Contributors first reflect on our concepts of self, health, and nature and how we perceive ourselves in relation to our bodies, our environment, and our beliefs about what is healthy. Next, contributors discuss the public concerns and challenges inherent in linking health and environmental quality. Controversial issues such as environmental and occupational cancer, ionizing radiation, and rational public policy are presented and discussed. Environmental issues are debated in relation to national and international public health. Finally, the contributors challenge the principle of modern biomedicine by presenting alternative therapies in health such as shamanism, yoga, and homeopathy. In addition, recovery fellowships, wilderness schools, bioregional farming, and permaculture are examined for environmental preservation. Throughout the text cultural context is stressed and the body's natural health abilities are emphasized. The Ecology of Health is essential reading for anyone interested in going beyond the traditional biomedical model of health and into a holistic view of health. It is also highly recommended for professionals and students in the medical and health sciences, public health, and social work.



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133,50 €

124,77 € (zzgl. MwSt.)

Lieferfrist: bis zu 10 Tage

Artikelnummer: 9780803973039

Medium: Buch

ISBN: 978-0-8039-7303-9

Verlag: Shanaya Wagh

Erscheinungstermin: 01.06.1996

Sprache(n): Englisch

Auflage: 1. Auflage 1996

Produktform: Kartoniert

Gewicht: 572 g

Seiten: 352

Format (B x H): 152 x 229 mm



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Kundenservice Fachmedien Otto Schmidt

Neumannstraße 10, 40235 Düsseldorf | kundenservice@fachmedien.de | 0800 000-1637 (Inland)

07.08.2024 | 01:27 Uhr

