



# **Don't Sweep It Under the Rug!: Integrating Evidence-Based Body Mind & Spiritual Practices into Your Health & Wellness Tool Kit**

*Cathy Rosenbaum*

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# Don't Sweep It Under the Drug!: Integrating Evidence-Based Body Mind & Spiritual Practices into Your Health & Wellness Tool Kit

*Cathy Rosenbaum*

## **Don't Sweep It Under the Drug!: Integrating Evidence-Based Body Mind & Spiritual Practices into Your Health & Wellness Tool Kit** Cathy Rosenbaum

Studies show that nearly 70 percent of Americans regularly take at least one prescription drug. One in four of these prescription drug users also reports taking a non-vitamin dietary supplement. How many of these pills and tablets are necessary? Are medications and supplements really improving our health?

Dr. Cathy Rosenbaum's answer to that question is an emphatic no. Rosenbaum, a clinical pharmacist and holistic health expert, has more than fifteen years of experience in health consulting and coaching. A trip to China to explore herbal research as well as integrative health and medicine care options for her ailing father led her to embrace the mind-body-spirit paradigm. Her book *Don't Sweep It Under the Drug!* combines her extensive pharmacology experience with a natural, comprehensive approach to health care.

Rosenbaum discusses polypharmacy, basic drug and supplement safety, and teaches you how to apply her Eight Balance Point Model For Healing to help you build a personalized health tool kit. She doesn't categorically exclude prescription drugs but instead encourages readers to explore other health-improving practices such as sleep hygiene, exercise, nutrition, stress management, and integrative practices including use of guided imagery, aromatherapy, and spiritual principles.

Here for the first time, Dr. Rosenbaum shares her unique, scientifically backed approach to holistic healing with health-conscious baby boomers worldwide.

Don't Sweep It Under the Drug! is Second Place Winner of the Xulon Press Fall 2015 Christian Authors Award, Category: Health. Ten percent (10%) of all book proceeds will be donated to St. Jude Children's Research Hospital.

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