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- Chronic pain
- Common cold
- Coronary artery disease
- Depression
- Diabetes
- Fibromyalgia
- Hay fever
- Headache
- High blood pressure
- Insomnia
- Irritable bowel syndrome
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- Menopause symptoms
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— Brent A. Bauer, M.D., Medical Editor

Brent A. Bauer, M.D., is director of the Complementary Integrative Medicine Program and a physician at Mayo Clinic. He is also an associate professor of medicine, College of Medicine, Mayo Clinic. Dr. Bauer’s principle area of research is the scientific evaluation of complementary and alternative therapies. He has authored several book chapters and papers, is a member of the National Institutes of Health-National Center for Complementary and Alternative Medicine study section, and is currently collaborating on more than 20 Mayo Clinic studies evaluating complementary treatments.

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As the cost of health care continues to rise and worries about flu pandemics become more prevalent, greater responsibility is being placed on each of us to stay healthy and avoid illness. We’ve seen explosive growth in the field of alternative medicine, and people are looking for more “natural” or “holistic” ways to maintain good health — not only their physical health, but also their mental and spiritual health.

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