



Psychoneuroimmunology : Systems Biology Approaches to Mind-Body Medicine

By Qing Yan

Springer-Verlag GmbH Okt 2016, 2016. Buch. Condition: Neu. Neuware - This book provides a comprehensive overview of the cutting-edge discoveries and the systems approaches related to the multi-disciplinary field of psychoneuroimmunology (PNI), which may provide the scientific basis for mind-body relationships, and aid in the development of personalized medicine. Specifically, the book focuses on the systems biology studies of complex mechanisms, such as stress and inflammation. There is strong evidence supporting the close relationship between stress, inflammation, and disorders including obesity, cardiovascular disease, diabetes, skin diseases, and sleep disorders. As inflammation is a critical connection among different diseases, further elucidating this connection may contribute to the findings of systemic therapeutic targets. Translational medicine is also addressed, by applying PNI approaches in clinical practice. A major challenge in current bioscience is the translation of basic scientific discoveries into better clinical outcomes. With the understanding of the translational implications of PNI, integrative interventions can be applied to modulate stress responses and to promote healthier behaviors. As an important feature of this book, a broad overview of the PNI-associated integrative interventions is provided. These interventions include nutritional supplements, meditation, and other mind-body strategies. From basic concepts to systems methodologies, from theoretical sources to...



[DOWNLOAD PDF](#)



[READ ONLINE](#)
[6.85 MB]

Reviews

A top quality pdf and also the font applied was fascinating to learn. it was actually written extremely properly and valuable. I discovered this publication from my i and dad recommended this publication to find out.

-- **Jan Schowalter**

The ebook is easy in go through easier to recognize. We have study and i am certain that i will planning to read through once again once again in the future. I am quickly will get a pleasure of studying a composed publication.

-- **Prof. Adah Mertz Sr.**