

ESSENTIAL ARTICLES OF PM&R

INTEGRATIVE/COMPLEMENTARY AND REGENERATIVE MEDICINE

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Acupuncture

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Acupuncture for treating fibromyalgia.

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Dry Needling

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Meditation and Mindfulness

Alterations in brain and immune function produced by mindfulness meditation.

Davidson RJ, Kabat-Zinn J, Schumacher J, Rosenkranz M, Muller D, Santorelli SF, Urbanowski F, Harrington A, Bonus K, Sheridan J. Psychosomatic Medicine 2003;65:564-570.

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The effects of mind-body therapies on the immune system: meta-analysis.

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Prolotherapy

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Prolotherapy: a clinical review of its role in treating chronic musculoskeletal pain.

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Supplements

A systematic review and meta-analysis of α -lipoic acid in the treatment of diabetic peripheral neuropathy.

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Herbal Remedies.

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