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Mind-Body Therapies: connecting the parts and embracing diversity

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Mind-body practices are a major part of health care, with at least 11.6% of the US population (equating > 25 million adults) having used one or more mind-body technique in 2012 for their health [1]. Mind-body therapies comprise a variety of techniques designed to enhance mind's positive impact on the body, including behavioral, psychological, social, artistic and spiritual approaches. While knowledge of the mind-body connection is not a new thought, the development of medicine as a science, and the technological advances have led to a Western medical view where mind and body were separate entities. Only in the early to mid-20th century, with groundbreaking research into the physiology of stress [2,3], and placebo [4], the impact of thoughts, feelings, beliefs and attitudes on the body have been recognized, and research has increasingly been conducted in the past decades on the mind-body connection. For some mind-body techniques such as biofeedback, hypnosis and cognitive behavioral approaches the evidence of effectiveness can be considered robust, other mind-body techniques however still face a lack of sufficient evidence of its benefits and safety. This special issue has been designated specifically to the submissions of studies on mind-body therapies, without any limitation regarding the type of investigation, and we are

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