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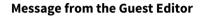
# Non-pharmacological Interventions for the Management of Chronic Health Conditions and Non-communicable Diseases

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Non-pharmacological interventions (NPIs) are sciencebased and non-invasive practices for human health aimed to prevent, treat, or cure different health problems by employing different biological and/or psychological processes identified by using the scientific method. The range of NPIs is continuously expanding in prevention and therapy, occupying a prominent place in the health sciences that have become personalised, integral, and integrative. By selecting and implementing the NPIs that have the most scientific evidence, it is possible to improve the health-related quality of life of individuals, to slow down deterioration, to relieve pain, or to restore health at a lower economic and environmental cost, meeting the Hippocratic maxim "first, do no harm". However, several barriers to its implementation still exist. One barrier is the lack of knowledge and dissemination of the specific NPIs for each disease. Additionally, there is still a lack of research on some NPIs regarding their effectiveness and/or efficacy. Altogether, this could represent scepticism in prescribing and/or demanding NPIs.



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#### Prof. Dr. Paul B. Tchounwou

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