Nursing 411-Complementary and Alternative Therapies. Paper details will write a paper discussing one specific Mind-Body-Spirit therapy. Describe how this specific Mind-Body-Spirit therapy is currently being used with at least two different patient populations (geriatric, pediatric, mental health, maternity, etc.). What are the similarities and differences for use with each population? How does your chosen therapy integrate mind, body, and spirit? Discuss how you use or could use your chosen therapy to improve your personal health. Support your response with 2-3 peer-reviewed journal articles. Journal articles used as references must have been published within the last 5 years, unless it is considered a sentinel article. Additional references may include your textbook or other scholarly sources. All assignments should be in APA format according to the 7th edition of the American Psychological Association's Manual. The body of the paper should be 2 to 2 1/2 pages in length.