

## LIFELINE

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CURRENT MEDICAL RESOURCES

Health  
Concerns  
Committee

*Reference and Adult Services Division of SCLA*



### **CAM: Complementary & Alternative Medicines**

VOLUME 25

FALL 2016

Acupuncture  
Yoga  
Naturopathy  
Dietary-supplements  
Energy-healing-therapy  
Homeopathic-treatment  
Guided-imagery  
Ayurveda  
Qi-gong  
Hypnosis  
Progressive-relaxation  
Tai-chi  
Deep-breathing-exercises  
Traditional-healer  
Folk-medicine  
Biofeedback  
Osteopathic-manipulation  
Meditation



**CAM: Complementary & Alternative Medicines**

VOLUME 25

FALL 2016

**TABLE OF CONTENTS**

<b>Section</b>	<b>Page</b>
Introduction.....	i
Books-2016.....	1
Books–2015.....	4
Journals.....	9
Journal Articles-2016.....	11
Journal Articles-2015.....	15
Periodicals.....	18
DVDs.....	20
Audiobooks.....	21
Downloadables: E-Books.....	22
Downloadables: E-Audiobooks.....	23
Social Media.....	23
Agencies and Associations.....	26
Government Agencies.....	32

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**CAM: Complementary & Alternative Medicines**

VOLUME 25

FALL 2016

## INTRODUCTION

This bibliography on CAM: Complementary & Alternative Medicines, compiled by the Health Concerns Committee of the Reference and Adult Services Division of the Suffolk County Library Association, is designed to act as a reference tool and a collection development guide. It presents an annotated, selective list of items in this subject area suitable for purchase by public and academic libraries. The print materials have publication dates that do not exceed 3 years. All titles were selected by the committee. An attempt was made to cover all types of materials.

The Health Concerns Committee was formed in January 1989. Its purpose is to explore and exchange information about health-related resources on topics of interest to public, school, academic, and special library patrons. Its objectives are to produce an annual bibliography and arrange an annual program as part of the RASD workshops. All librarians in Suffolk County are encouraged to join the committee.

Salvatore J. Filosa  
Health Concerns Committee Chairperson  
Reference and Adult Services Division of SCLA



**CAM: Complementary & Alternative Medicines**

VOLUME 25

FALL 2016

**Books-2016**

Blaylock, Russell. *Dr. Blaylock's Natural Cures*. Boca Raton: Humanix Books, 2016. 391p. 9781630060244.

The book discusses diagnosis and treatment of various medical conditions: cancer, skin problems, brain and heart diseases, prostate disorders, diabetes, and many more. Dr. Blaylock reveals how to relieve common troubles such as pain, ringing in the ears, constipation and other digestive issues; vision problems, mood disorders, and other ailments using natural remedies.

Brogan, Kelly. *A Mind of Your Own: the Truth About Depression and how Women can Heal Their Bodies to Reclaim Their Lives: Featuring a 30-Day Plan for Transformation*. New York: Harper Wave, 2016. 337p. 9780062405579.

Depression is not a disease. It is a symptom. Recent years have seen a shocking increase in antidepressant use the world over, with 1 in 4 women starting their day with medication. These drugs have steadily become the panacea for everything from grief, irritability, panic attacks, to insomnia, PMS, and stress. But the truth is, what women really need can't be found at a pharmacy. According to Dr. Kelly Brogan, antidepressants not only overpromise and under-deliver, but their use may permanently disable the body's self-healing potential. We need a new paradigm: The best way to heal the mind is to heal the whole body.

Chevallier, Andrew. *Encyclopedia of Herbal Medicine / 550 Herbs and Remedies for Common Ailments*. New York: DK Publications, 2016. 336p. 9781465449818.

Provides an herb directory with photographic index, guidelines for growing medicinal plants and making home remedies, and historical and cultural perspectives for herbal medicine around the world.

Cook, Michelle Schoffro. *Be Your Own Herbalist: Essential Herbs for Health, Beauty, and Cooking*. Novato, CA: New World Library, 2016. 246p. 9781608684243.

Herbs don't have television or magazine ads touting their benefits and yet, in many instances, they perform just as well as - and sometimes better than - the pharmaceuticals we constantly hear and read about. While pharmaceuticals can be life saving, neglected herbal remedies can be equally life enhancing. This book distills that knowledge and experience to offer readers all the information they need to make use of herbs at home in safe and effective ways. Dr. Cook profiles 30 common and readily available herbs, sharing scientific discoveries about their usefulness and offering practical ways of incorporating these "Mother Nature Medicines" back into daily life, where they belong.



**CAM: Complementary & Alternative Medicines**

VOLUME 25

FALL 2016

Corkhill, Melissa. *Natural Home Remedies*. Grantham, England: Lifestyle Books, 2016. 128p. 9781504800419.

Melissa Corkhill gives advice for treating common conditions and illnesses at home using natural remedies. In this book you'll discover how to treat non-serious complaints, such as coughs, colds and sore throats, as well as suggestions for easing the strain of more permanent conditions such as eczema, arthritis and asthma.

Editors at Reader's Digest. *Doctor's Favorite Natural Remedies: the Safest and Most Effective Natural Ways to Treat More Than 85 Everyday Ailments*. New York: Reader's Digest, 2016. 335p. 9781621453192.

This comprehensive A-Z guide covers 90 everyday health conditions and includes 170 natural remedies to combat them. In recent times, doctors have increasingly embraced natural healing methods such as herbal treatments, different types of exercise, dietary changes, and massage therapy. This book presents more than 170 of their favorite natural, medically approved treatments for 90 everyday health problems.

Grove, Maria Noel. *Body Into Balance: An Herbal Guide to Holistic Self-care*. North Adams, MA: Storey Publishing, 2016. 336p. 9781612125350

Headaches, indigestion, fatigue, allergies, anxiety, eczema, high blood pressure, and other conditions are clues to a deeper imbalance in your body, and learning to read those clues is a key step in maintaining optimal health. Herbalist Maria Noël Groves shows you how to read your body's signals and support your own wellness with herbal remedies and other natural treatments. Groves includes in-depth instructions, with step-by-step photographs, for making your own herbal remedies, as well as expert guidance on buying and effectively using commercial preparations.

Hopman, Ellen Evert. *Secret Medicines From Your Garden: Plants for Healing, Spirituality, and Magic*. Rochester, VT: Healing Arts Press, 2016. 337p. 9781620555576

A guided exploration of herbal lore and healing plants found in yards, forests, meadows, and hedgerows. Draws on traditional knowledge and remedies from around the world, including Native American, Celtic, and Egyptian traditions. Provides simple recipes to safely make herbal remedies from local plants and honey for first aid, immune support, and treatment of common ailments. Weaving together ancient wisdom, mystical folklore, and modern plant research, master herbalist Ellen Evert Hopman explores the many uses of flowers, trees, common weeds, and ornamental plants for food, medicine, spiritual growth, and magical rituals.

Kurn, Sidney, and Shook, Sheryl. *Herbs and Nutrients for Neurologic Disorders: Treatment Strategies for Alzheimer's, Parkinson's, Stroke, Multiple Sclerosis, Migraine, and Seizures*. Rochester, VT: Healing Arts Press, 2016. 244p. 9781620555538



**CAM: Complementary & Alternative Medicines**

VOLUME 25

FALL 2016

A guide to herbal and holistic medicine for brain health and neurologic disorders. Provides detailed herbal, antioxidant, and nutritional strategies for Alzheimer's, Parkinson's, multiple sclerosis, stroke, migraine, and seizures. Discusses potential side effects, counter-indications, and the proper dosages to reduce symptoms, slow disease progression, and lessen the chances of recurrence. They examine the biochemical role of each recommended herb, nutrient, or antioxidant and discuss potential side effects, counter-indications, and proper dosages to reduce symptoms, slow disease progression, and--in the case of stroke, migraine, and seizures--lessen the chances of recurrence.

Mackey, Tara. *Cured by Nature: How to Heal From the Inside Out, Find Happiness and Discover your True Self*. New York: Skyhorse Publishing, 2016. 311p. 9781634504010.

The author shares her own experiences with stress and anxiety and how, after quitting her prescription medications, she has managed to live happily with the help of herbal remedies, breathing exercises, and mind-strengthening techniques.

Marchant, Jo. *Cure: A Journey Into the Science of Mind Over Body*. New York, Crown Publishers, 2016. 300p. 9780385348157.

Drawing on the latest research and traveling the world to interview physicians, patients and researchers on the cutting edge of a new world of medicine, an award-winning science writer presents a rigorous, skeptical, deeply reported examination into the science behind the vast potential of the mind's ability to heal the body.

Mindell, Earl. *The Happiness Effect: The Positive Effects of Negative Ions*. Garden City Park, NY: Square One Publishers, 2016. 94p. 9780757004223.

The Happiness Effect is a complete guide to understanding and using negative ions to create a sense of well-being. The book begins with a clear explanation of negative ions and goes on to trace the history of man's interest in the nature of electricity. Readers then learn about the exploratory work performed by scientists after Tesla's breakthrough experiments, and the scientific studies that illuminated the effects of negative ions on human behavior and health.

Noriega, Pablo. *Bach Flower Essences and Chinese Medicine*. Rochester, VT: Healing Arts Press, 2016. 240p. 9781620555712.

A guide to applying the power and wisdom of Chinese Medicine to Bach Flower Therapy.

Prasad, Kedar. *Treat Concussion, TBI, and PTSD with Vitamins and Antioxidants*. Rochester, VT: Healing Arts Press, 2016. 210p. 9781620554357.

The most up-to-date resource on nutritional supplements for the prevention and improved management of concussive injury, TBI, and PTSD. Provides an easy-to-follow program





of supplements to optimize the benefits of treatment programs and offer a method of prevention beyond the use of helmets. Shows how standard treatments do not address the oxidative stress, chronic inflammation, and high glutamate levels that promote brain injury progression. Explains how single micronutrients do not provide the same preventive benefits as the synergistic combinations explored in the book. The human brain is highly complex. When brain injury strikes, whether from a blow to the head or the shock of physical or emotional trauma, successful treatment requires a multilevel approach, taking into account the health of the brain prior to injury.

### **Books-2015**

Alexander, Jane. *Wellbeing & Mindfulness: Natural Ways to Balance Your Mind, Body and Spirit*. London: Carlton Books Limited, 2015. 9781780976204. 256 p. \$29.95.

The author is a journalist and an author specializing in integrated healthcare. This is a guide to over eighty healing therapies to benefit your mental, emotional and physical health. Presents articles on each with accompanying exercises and illustrative color photos. Therapies range from the ancient – Ayurveda, Chinese medicine, to the newer – cognitive behavior therapy. Also included are brief lists of further reading and resources, and a general index. Book is appropriate for general audiences.

Atkinson, Alicia. *Essential Oils: For Beauty, Wellness, and the Home*. New York: Skyhorse Publishing, 2015. 9781634504959. 205 p. \$14.99.

The book begins with an introduction to what essential oils are: complex secondary metabolites that are produced by each plant for its own benefit. To retrieve them for human use they are either cold-pressed, extracted by using solvents, or distilled using steam. Recipes, preparation tips, administration tips, and benefits are given for one hundred essential oils; to use for natural health care, dogs and cats, natural beauty care, and all-purpose cleaning. A bibliography of journal articles and books and an index are included. Written for a general audience.

Banks, Scott J., DC and Joe Kraynak. *Natural Cures for Dummies*. Hoboken, NJ: John Wiley & Sons, Inc., 2015. 9781119030225. 414 p. \$22.99.

The book is written in the typical “*for dummies*” style. The author describes what natural medicine is, including its history, benefits and drawbacks. Then he explains each natural therapy, including aromatherapy, Ayurveda, biofeedback, chelation, herbal medicine, homeopathy bodywork, naturopathy, nutritional medicine, etc. This is followed by a section on curing common maladies, arranged by body part. The book is well-indexed and includes several appendices, including those on vitamins and minerals, nutritional supplements, natural hormones, herbs, homeopathic remedies, and aromatic essential oils. It is very comprehensive and written for a general audience.



**CAM: Complementary & Alternative Medicines**

VOLUME 25

FALL 2016

Bartlett, Emily and Laura Erlich. *Feed Your Fertility: Your Guide to Cultivating a Healthy Pregnancy with Chinese Medicine, Real Food, and Holistic Living*. Beverly, MA: Fair Winds Press, 2015. 9781592336623. 224 p. \$21.99.

The authors both are licensed acupuncturists and practitioners of Chinese medicine. After describing some of the causes of infertility – stress, toxins, and the typical American diet - they present techniques to increase fertility, including following the traditional foods diet, Chinese nutrition, vitamins and supplements, and building a strong support team. They also discuss some of the common obstacles to fertility – advanced maternal age, endometriosis, PCOS, thyroid issues, and others – as well as obstacles for males. Finally, a description of medical treatment options is presented. An appendix includes a list for a week of meals, a glossary, and a list of references. A general index and a recipe index (recipes are scattered throughout the book) are given. The book is written for a general audience.

Blesching, Uwe. *The Cannabis Health Index: Combining the Science of Medical Marijuana with Mindfulness Techniques to Heal 100 Chronic Symptoms and Diseases*. Berkeley, CA: North Atlantic Books, 2015. 9781583949627. 632 p. \$24.95.

This book organizes diseases and symptoms in alphabetic order; each entry providing a description of the condition, a review of the studies on the illness evaluated by the author, mindfulness techniques for each (powerful questions, suggested blessings, and suggested affirmations), and a review of the effects of cannabis on each. Extensive bibliographic notes and an index are provided. The book is appropriate for a general audience.

Bongiorno, Peter. *Holistic Solutions for Anxiety & Depression: Combining Natural Remedies with Conventional Care*. New York: W.W. Norton & Company, 2015. 9780393709346. 394 p. \$37.50.

The goal of this book is to assist mental health therapists in treating anxiety and depression in their patients, using complementary and alternative (CAM) treatments, either on their own or in conjunction with pharmaceuticals. The author is a doctor of naturopathic medicine and acupuncturist. First, he guides the reader through assessing the contributing lifestyle factors and internal factors that cause these conditions. Then he identifies the effective supplements for treating them. Also discussed are the use of mind-body techniques – yoga, meditation, mindfulness-based therapy, massage therapy, and acupuncture – and working interactively with pharmaceutical medications. Appendices, bibliographic references, and an index are provided. This book is written for professional and general audiences.

Bongiorno, Peter. *Put Anxiety Behind You: The Complete Drug-Free Program*. San Francisco: Conari Press, 2015. 9781573246309. 224 p. \$18.95.





**CAM: Complementary & Alternative Medicines**

VOLUME 25

FALL 2016

The author is a doctor of naturopathic medicine, an acupuncturist, and the author of several other books on treating anxiety and depression naturally. He explains how foods, plant-based medicines, exercise, massage, meditation, and acupressure exercises can help the reader cope with anxiety. Several case studies support the text. References to books, journal articles, and websites are given. Appendices includes a listing of recommended lab tests, natural medicine resources (associations), a listing of websites from which to purchase supplements, and sample quick breakfast recipes. This book is appropriate for a general audience.

Cohen, Misha Ruth. *The New Chinese Medicine Handbook: an Innovative Guide to Integrating Eastern Wisdom with Western Practice for Modern Healing*. Beverly, MA: Quarto Publishing Group, 2015. 9781592336937. 368 p. \$24.99.

The author is a doctor of Oriental medicine and a licensed acupuncturist. Since 1975, she has studied, taught and practiced Chinese medicine in the United States. This book presents the basics of Chinese medicine – understanding of the mind/body/spirit – the role of the Tao, the essential substances, the organ systems, and the channels. Then it reviews the roots of disharmony which are the causes of diseases. The tools of the healing process are described next: foods, herbs, supplements, acupuncture, moxibustion, Chinese exercise and meditation, and massage. Plans of treatment of disease combining Chinese and Western medical techniques are presented next. Also included are a glossary, an appendix to finding practitioners, supplements, and herbs, general references and resources, and an index. The book is written for a general audience.

DuPree, Heidi. *Awaken Your Greater Health: How Energy Medicine Opens the Way to Healing*. CreateSpace Independent Publishing Platform, 2015. 9781508510659. 223 p. \$15.98.

The author, a certified traditional naturopath and an energy healing therapist, as well as a holistic registered nurse, explains how you can transform yourself in body, mind, and spirit by practicing energy medicine daily care skills. She leads the reader from being a small self to a great self by defining and exemplifying these eight skills. An appendix contains a chart with characteristics of the lower and higher selves, a chart of the energy medicine daily care skills, and a description of Accutapping, the Emotional Freedom Technique that uses finger tapping on acupoints lying on our energy channels. A brief list of recommended readings is provided. No index is available. The book is appropriate for general readers.

*Essential Oils Natural Remedies: The Complete A-Z Reference of Essential Oils for Health and Healing*. Berkeley, CA: Althea Press, 2015. 9781623154240. 454 p. \$19.99.

After a brief introduction to the basics and history of essential oils, and instruction on equipment and methods of use, the reader is presented with over 200 pages of natural remedies for common ailments, in alphabetical order. Following this is 150 pages of



**CAM: Complementary & Alternative Medicines**

VOLUME 25

FALL 2016

information about 75 essential oils, also presented alphabetically, each with tips on application, blends, and precautions to take. Additional resources include a glossary, a quick reference guide to ailments and oils, bibliographical information, an ailments index, and an oils index. The book is written for a general audience.

Evans, Mark. *A Concise Handbook of Alternative Therapies: A Practical Guide to Natural Treatments and What They Do*. London: Anness Publishing Ltd., 2015. 9780754830757. 128 p. \$13.99.

The author, who has written other works on natural therapies, recommends the proactive use of these treatments for illness prevention, relieving stress, and restoring energy and harmony. The book is divided into five sections: 1. Use of plants; 2. Naturopathy (diet/exercise, hydrotherapy, and iridology); 3. Stress management (hypnotherapy, meditation, etc.); 4. Bodywork (massage, Rolfing, reflexology); 5. Eastern approaches (Shiatsu, Yoga, Moxibustion, etc.). The text is clear and instructive, accompanied by color photos illustrating the various techniques. It has a brief index and is written for a general audience.

Hicks, Angela. *88 Chinese Medicine Secrets: How the Wisdom of China Can Help You Stay Healthy and Live Longer*. London: Constable & Robinson Ltd., 2015. 9781845286125. 332 p. \$16.95.

The author is a practitioner of Chinese medicine for over 30 years, practicing qigong, acupuncture, and herbalism. She provides the reader with tips on maintaining one's constitution, eating healthily, balancing one's emotions, balancing work, rest, and exercise, protecting the self from the environment, and making lifestyle changes. The final chapter offers advice on treating certain diseases. The book includes bibliographic notes, a glossary, and a reading list. Indexed; written for a general audience.

Johnson, Dr. Scott A. *The Doctor's Guide to Surviving When Modern Medicine Fails: The Ultimate Natural Medicine Guide to Preventing Disease and Living Longer*. New York: Skyhorse Publishing, 2015. 9781634500524. 264 p. \$19.99.

Dr. Johnson is a board-certified alternative medical practitioner (AMP), author of six books and more than 250 journal articles. His goal in writing this book is to promote the creation of a bodily environment that is inhospitable to disease. To do this, he presents information on what to eat, what nutritional supplements to take, the benefits of exercise, detoxification techniques, optimization of mental, spiritual, and emotional health, and more. Seventy pages of bibliographic references and an index are provided. The book is written for a general audience.



**CAM: Complementary & Alternative Medicines**

VOLUME 25

FALL 2016

Keniston-Pond, Kymberly. *Essential Oils for Health: 100 Amazing and Unexpected Uses for Tea Tree Oil, Peppermint Oil, Eucalyptus Oil, Lavender Oil, and More*. Avon, MA: Adams Media, 2015. 9781440587771. 127 p. \$12.99.

The author, a certified integrative reflexologist and clinical master aromatherapist, demonstrates how essential oils, extracted from the different parts of plants and trees, can be used to care for typical disorders, improve one's physical appearance, and lessen psychological stress. The essential oil is combined with a carrier oil and administered to the skin. One hundred essential oil recipes, with step-by-step instructions, are provided. Indexed; appropriate for general readers.

Mars, Brigitte and Chrystle Fiedler. *The Home Reference to Holistic Health & Healing: Easy-to-Use Natural Remedies, Herbs, Flower Essences, Essential Oils, Supplements, and Therapeutic Practices for Health, Happiness, and Well-Being*. Beverly, MA: Fair Winds Press, 2015. 9781592336364. 224 p. \$24.99.

Mars and Fiedler are herbalists and nutritionists, and Mars is a founding member of the American Herbalist Guild. This, their second book together, is a guide to the substances and techniques that promote a healthy body-mind-spirit, including reduction of stress, better sleep, boosting immunity and energy, improving mood, and more. The easy-to-read text is accompanied by simple illustrations. Appendices include information on essential herbs, aromatherapy, tea formulas, and a list of resources. A brief bibliography and an index are provided. The book is written for a general audience.

Meshorer, Sean. *Thriving with Chronic Pain: A Holistic Guide to Reclaiming Your Life*. Los Angeles: Param Media, 2015. 9780986203008. 187 p. \$14.95.

This guide is written by a chronic pain sufferer for others like him, for whom there is no complete medical cure. He recommends working with mainstream medical physicians who specialize in chronic pain for treatment. He also recommends the assistance of pain psychologists, pharmacologists, physical therapists, chiropractors, and others. The book's chapters advise on accepting the pain, managing/resolving painful emotions, using visualization and meditation techniques, striving for long-term balance in one's close relationships (instead of treating others as caregivers) and encouraging spiritual growth in oneself. A bibliography for further reading is provided; written for a general audience.

Snyder, Kimberly. *The Beauty Detox Power: Nourish Your Mind and Body for Weight Loss and Discover True Joy*. Ontario: Harlequin Enterprises Ltd., 2015. 9780373893188. 349 p. \$18.95.

The author is a certified nutritionist and teacher who has been featured on several television shows. Here she presents guidance on how to maintain weight and support physical and emotional health with six power alignment shifts: discovering your true power; creating the body and life you want; transforming your cravings; understanding the chakras and how they relate to your body; practical power practices; and the use of



beauty detox power recipes. More than sixty recipes are presented. Indexed; the book is written for general audiences.

William, Anthony. *Medical Medium: Secrets Behind Chronic and Mystery Illness and How to Finally Heal*. Carlsbad, CA: Hay House Inc., 2015. 9781401948290. 365 p. \$26.99.

The author claims to be a medical medium; since he was a child he has been in contact with a “high-level spirit who provides him with extraordinarily accurate health information”. This allows him to read the health conditions of strangers and give information on how to heal. He describes ways to treat Epstein-Barr virus, multiple sclerosis, hypothyroidism, and rheumatoid arthritis; and blames the Epstein-Barr virus as the root cause of many other diseases. Diet (fruits, vegetables), and other natural methods are key. Endnotes and an index are provided. Written for a general audience.

## **Journals**

American Journal of Chinese Medicine

ISSN: 0192-415X

Partial Open Access

<http://www.worldscientific.com/worldscinet/ajcm>

The *American Journal of Chinese Medicine*, which is defined in its broadest sense possible, publishes original articles and essays relating to traditional or ethnomedicine of all cultures. Areas of particular interest include; 1. Basic scientific and clinical research in indigenous medical techniques, therapeutic procedures, medicinal plants, and traditional medical theories and concepts; 2. Multidisciplinary study of medical practice and health care, especially from historical, cultural, public health, and socioeconomic perspectives; 3. International policy implications of comparative studies of medicine in all cultures, including such issues as health in developing countries, affordability and transferability of health-care techniques and concepts; 4. Translating scholarly ancient texts or modern publications on ethnomedicine.

American Journal of Clinical Nutrition

ISSN: 0002-9165

[http://ajcn.nutrition.org/site/misc/ifa\\_intro.xhtml](http://ajcn.nutrition.org/site/misc/ifa_intro.xhtml)

The purpose of *The American Journal of Clinical Nutrition (AJCN)* is to publish original research studies relevant to human and clinical nutrition. Well-controlled clinical studies that describe scientific mechanisms, efficacy, and safety of dietary interventions in the context of disease prevention or a health benefit will be considered. Public health and epidemiologic studies relevant to human nutrition, and innovative investigations of nutritional questions that employ epigenetic, genomic, proteomic, and metabolomic approaches are encouraged. Solicited editorials, book reviews, solicited or unsolicited



review articles, invited controversy position papers, and letters to the Editor that relate to prior *AJCN* articles are essential components of the *AJCN*.

#### Annual Review of Nutrition

ISSN: 0199-9885

<http://www.annualreviews.org/journal/nutr>

The *Annual Review of Nutrition*, in publication since 1981, covers the significant developments in the field of Nutrition, including Energy Metabolism, Carbohydrates, Lipids, Proteins and Amino Acids, Vitamins, Minerals, Nutrient Transport and Function, Metabolic Regulation, Nutritional Genomics, Molecular and Cell Biology, Clinical Nutrition, Comparative Nutrition, Nutritional Anthropology, Nutritional Toxicology, Nutritional Microbiology, Epidemiology, and Public Health Nutrition.

#### BMC Complementary and Alternative Medicine

ISSN: 1472-6882

Open Access

<https://bmccomplementaltermmed.biomedcentral.com/>

BMC Complementary and Alternative Medicine is an open access, peer-reviewed journal that considers articles on interventions and resources that complement or replace conventional therapies, with a specific emphasis on research that explores the biological mechanisms of action, as well as their efficacy, safety, costs, patterns of use and/or implementation.

#### Complementary Therapies in Clinical Practice

ISSN: 1744-3881

*Complementary Therapies in Clinical Practice* is an internationally refereed journal published to meet the broad ranging needs of the healthcare profession in the effective and professional integration of complementary therapies within clinical practice.

*Complementary Therapies in Clinical Practice* aims to provide rigorous peer reviewed papers addressing research, implementation of complementary therapies (CTs) in the clinical setting, legal and ethical concerns, evaluative accounts of therapy in practice, philosophical analysis of emergent social trends in CTs, excellence in clinical judgement, best practice, problem management, therapy information, policy development and management of change in order to promote safe and efficacious clinical practice.

#### Complementary Therapies in Medicine

ISSN: 0965-2299

<http://www.journals.elsevier.com/complementary-therapies-in-medicine>

*Complementary Therapies in Medicine* is an international, peer-reviewed journal that has considerable appeal to anyone who seeks objective and critical information





**CAM: Complementary & Alternative Medicines**

VOLUME 25

FALL 2016

on complementary therapies or who wishes to deepen their understanding of these approaches. It will be of particular interest to healthcare practitioners including family practitioners, complementary therapists, nurses, and physiotherapists; to academics including social scientists and CAM researchers; to healthcare managers; and to patients. *Complementary Therapies in Medicine* publishes a variety of articles including primary research, reviews and opinion pieces.

Evidence-based Complementary and Alternative Medicine

ISSN: 1741-427X

Open Access

<http://www.hindawi.com/journals/ecam/>

Evidence-Based Complementary and Alternative Medicine (eCAM) is an international peer-reviewed, [Open Access](#) journal that seeks to understand the sources and to encourage rigorous research in this new, yet ancient world of complementary and alternative medicine.

Journal of Alternative and Complementary Medicine

ISSN: 1075-5535

<http://www.liebertpub.com/overview/journal-of-alternative-and-complementary-medicine-the/26>

*The Journal of Alternative and Complementary Medicine: Research on Paradigm, Practice, and Policy* is the premier peer-reviewed journal of scientific work for healthcare professionals, practitioners, and scientists seeking to evaluate and integrate Complementary and Alternative Medicine (CAM) into mainstream practice. The Journal delivers original research that directly impacts patient care therapies, protocols, and strategies, ultimately improving the quality of healing. Includes the following topics; Botanical Medicine, Acupuncture and Traditional Chinese Medicine, Mind-Body Medicine, Nutrition and Dietary Supplements, Yoga, Ayurveda, Naturopathy, Homeopathy, Tai Chi, Qi Gung, Massage Therapy, Subtle Energies and Energy Medicine, Neurostimulation, Integrative Biophysics.

**Journal Articles-2016**

Chen, L., Fang, J., Ma, R., Gu, X., Chen, L., Li, J., & Xu, S. (2016). Additional effects of acupuncture on early comprehensive rehabilitation in patients with mild to moderate acute ischemic stroke: a multicenter randomized controlled trial. *BMC Complementary and Alternative Medicine*, 16(1), 1-9. doi: 10.1186/s12906-016-1193-y

Acupuncture is not considered a conventional therapy for post-stroke sequelae but it might have some additional positive effects on early rehabilitation. We conducted this trial to determine whether acupuncture has additional effects in early comprehensive rehabilitation for acute ischemic stroke and dysfunctions secondary to stroke.





**CAM: Complementary & Alternative Medicines**

VOLUME 25

FALL 2016

Cochrane, S., Smith, C. A., Possamai-Inesedy, A., & Bensoussan, A. (2016). Prior to Conception: The Role of an Acupuncture Protocol in Improving Women's Reproductive Functioning Assessed by a Pilot Pragmatic Randomised Controlled Trial. *Evidence-based Complementary and Alternative Medicine*, 2016. doi: 10.1155/2016/3587569

The global average of couples with fertility problems is 9%. Assisted reproductive technologies are often inaccessible. Evidence points to acupuncture offering an opportunity to promote natural fertility. This study asked whether providing a multiphasic fertility acupuncture protocol to women with sub/infertility would increase their awareness of fertility and achieve normalisation of their menstrual cycle compared with a lifestyle control. In a pragmatic randomised controlled trial sub/infertile women were offered an intervention of acupuncture and lifestyle modification or lifestyle modification only. There was a statistically significant increase in fertility awareness in the acupuncture group (86.4%, 19) compared to 40% (n = 8) of the lifestyle only participants (Relative Risk (RR) 2.38, 95% confidence interval (CI) of 1.25, 4.50), with an adjusted p value of 0.011. Changes in menstrual regularity were not statistically significant. There was no statistical difference in the pregnancy rate with seven women (adjusted p = 0.992) achieving pregnancy during the course of the study intervention. Those receiving the acupuncture conceived within an average of 5.5 weeks compared to 10.67 weeks for the lifestyle only group (p = 0.422). The acupuncture protocol tested influenced women who received it compared to women who used lifestyle modification alone: their fertility awareness and wellbeing increased, and those who conceived did so in half the time.

Dossett, Michelle L. M.D. "Homeopathy Use by US Adults: Results of a National Survey". *American Journal of Public Health*. Vol 106 No. 4 (April 2016) p743-745

Homeopathy users were more likely to use multiple complementary and integrative medicine therapies and to perceive the therapy as helpful as were supplement users. US homeopathy use remains uncommon. Those who do use it, in conjunction with seeing a practitioner, find it to be beneficial. Most users, however, self-prescribe.

Fletcher, Carol E. "Perceptions of Other Integrative Health Therapies by Veterans with Pain Who

Are Receiving Massage". *Journal of Rehabilitative Research and Development*. (Num 1, 2016) Vol 53 99 p 117-126

Interviews with veterans were studied to see if they were aware of CIH therapies (Complementary and Integrative Health) and if they thought it would be beneficial to Veterans. Of all the therapies, Veterans reported that massage was well-received and resulted in decreased pain, increased mobility and less opioid use. The major concern was the Veterans inability to receive CIH services from fee based providers, the difficulty in paying for these services outside of the VA, and the role of administrative decisions in



**CAM: Complementary & Alternative Medicines**

VOLUME 25

FALL 2016

the uneven deployment of CIH across the VA. The conclusion of the article was that if the VA is to meet its goal of offering personalized, proactive, patient-centered care nationwide, then it must receive support from Congress while considering Veterans' goals and concerns to ensure that the expanded provision of CIH improves outcomes.

Mongiovi, J., Shi, Z., & Greenlee, H. (2016). Complementary and alternative medicine use and absenteeism among individuals with chronic disease. *BMC Complementary and Alternative Medicine*, 16(1), 1-12. doi: 10.1186/s12906-016-1195-9

It is estimated that over half of the adult U.S. population currently has one or more chronic conditions, resulting in up to an estimated \$1,600 in productivity loss annually for each employee with chronic disease. Previous studies have suggested that integrating alternative or complementary health approaches with conventional medicine may be beneficial for managing the symptoms, lifestyle changes, treatment, physical and psychosocial consequences that result from chronic illness.

Ooi, S. L., Rae, J., & Pak, S. C. (2016). Implementation of evidence-based practice: A naturopath perspective. *Complementary Therapies in Clinical Practice*, 22, 24-28. doi: 10.1016/j.ctcp.2015.11.004

Evidence-based practice (EBP), an approach to clinical practice that places emphasis on the use of best available research evidence for decision-making, has been adopted broadly in clinical practice. As a patient-focused approach, EBP promotes the spirit of inquiry. It can also facilitate consistency of care across professional boundaries, and clarify the directions of research. However, over-emphasis on systematic reviews and randomised control trials as the "gold standard" for evidence is a major limitation of EBP as it is being practised today. There are also objections to EBP based on epistemological grounds. Complementary and alternative medicine (CAM) therapies often fare unfavourably under the scrutiny of EBP due to the lack of research and inherent differences in healing ideology. Naturopathy is a unique form of CAM, based on both traditional and scientific knowledge. We argue that there is no conflict between naturopathy and EBP. EBP can be adopted as a useful approach to assimilate scientific evidence in naturopathic practices. However, naturopaths need to reconcile tensions between traditional and scientific knowledge in their choice of treatment remedies, while adhering to the naturopathic principles of healing, to benefit the patients. They must also maintain their emphasis on clinical expertise, and also patient preferences and values, in clinical decision-making.

Rhee, T. G., Leininger, B. D., Ghildayal, N., Evans, R. L., Dusek, J. A., & Johnson, P. J. (2016). Complementary and integrative healthcare for patients with mechanical low back pain in a U.S. hospital setting. *Complementary Therapies in Medicine*, 24, 7-12. doi: 10.1016/j.ctim.2015.11.002



**CAM: Complementary & Alternative Medicines**

VOLUME 25

FALL 2016

14.2% of inpatients with mechanical low back pain received some form of complementary and integrative healthcare (CIH) within a hospital setting. Most commonly delivered CIH services were massage (62.1%), relaxation techniques (42.0%) and acupuncture (25.7%). Pain (45.1%), relaxation (17.5%), and comfort (8.2%) were the top three reasons for CIH visits.

Rhodes, A., Spinazzola, J., & Van Der Kolk, B. (2016). Yoga for Adult Women with Chronic PTSD: A Long-Term Follow-Up Study. *Journal of Alternative and Complementary Medicine*, 22(3), 189-196. doi: 10.1089/acm.2014.0407

Introduction: Yoga-the integrative practice of physical postures and movement, breath exercises, and mindfulness-may serve as a useful adjunctive component of trauma-focused treatment to build skills in tolerating and modulating physiologic and affective states that have become dysregulated by trauma exposure. A previous randomized controlled study was carried out among 60 women with chronic, treatment-resistant post-traumatic stress disorder (PTSD) and associated mental health problems stemming from prolonged or multiple trauma exposures. After 10 sessions of yoga, participants exhibited statistically significant decreases in PTSD symptom severity and greater likelihood of loss of PTSD diagnosis, significant decreases in engagement in negative tension reduction activities (e.g., self-injury), and greater reductions in dissociative and depressive symptoms when compared with the control (a seminar in women's health). The current study is a long-term follow-up assessment of participants who completed this randomized controlled trial.

Rozenfeld, E. "New is the Well-forgotten Old: The Use of Cupping in Musculoskeletal Medicine". *Journal of Bodywork and Movement Therapies*. (January 2016) Vol 20 p 173-178

Cupping is an ancient technique used in treating pain and various disorders. Recently, interest in cupping has re-emerged and subsequently, several studies have begun to investigate the mechanisms of cupping therapy. Cupping increases blood circulation, whereas physiologically it activates the immune system and stimulates mechanosensitive fibers, thus leading to a reduction in pain. There is initial scientific evidence that dry cupping is able to reduce musculoskeletal pain. Since cupping is an inexpensive, non-invasive and low-risk (if performed by a trained practitioner) therapeutic modality, it should be included as an alternative treatment.

Tantamango-Bartley, Y., Knutsen, S. F., Knutsen, R., Jacobsen, B. K., Fan, J., Lawrence Beeson, W., . . . Fraser, G. (2016). Are strict vegetarians protected against prostate cancer? *American Journal of Clinical Nutrition*, 103(1), 153-160. doi: 10.3945/ajcn.114.106450

According to the American Cancer Society, prostate cancer accounts for ~27% of all incident cancer cases among men and is the second most common (noncutaneous) cancer among men. The relation between diet and prostate cancer is still unclear. Because people



do not consume individual foods but rather foods in combination, the assessment of dietary patterns may offer valuable information when determining associations between diet and prostate cancer risk. Objective: This study aimed to examine the association between dietary patterns (nonvegetarian, lacto-ovo-vegetarian, pesco-vegetarian, vegan, and semi-vegetarian) and prostate cancer incidence among 26,346 male participants of the Adventist Health Study.

### **Journal Articles-2015**

Ahmad, Akram, et al. "Beliefs, attitudes and self-use of Ayurveda, Yoga and Naturopathy, Unani, Siddha, and Homeopathy medicines among senior pharmacy students: An exploratory insight from Andhra Pradesh, India." *Pharmacognosy Research* 7.4 (2015). 302.

This article discusses the attitude that pharmaceutical students have towards complementary and alternative medicine, specifically ayurveda, yoga and naturopathy. A study was conducted using 4 pharmacy schools in the South India. The results show that most respondents thought favorably of the therapies. Some aspects like gender and living status appeared to play a significant role in attitude. Includes tables and references.

Dickerson, Jeremiah. "Child psychiatry consult: CAM for treating ASD." *Pediatric News* (Aug. 2015): 20.

This article discusses the use of CAM for treating behavioral issues of autistic children. Advice on talking to the child's pediatrician is given. A review of the current literature is discussed as well as specific case study. Includes references and illustrations.

Durand, Marcella. "MS--fighting back with massage." *Massage Therapy Journal* (Winter 2015): 54-69.

This article gives an overview of the disease, the causes, how it is diagnosed, and treatment. Pain is a big concern to patients and their doctors and massage can be used to alleviate some of the pain, however the massage therapist must be knowledgeable about the disease as some individuals who experience numbness cannot express if the pressure is too much. Massage can also help with cognitive function, digestive, depression, anxiety, and muscle stiffness. Includes illustrations and references.

Essa, Musthafa Mohamed, et al. "Long-Term Dietary Supplementation of Pomegranates, Figs and Dates Alleviate Neuroinflammation in a Transgenic Mouse Model of Alzheimer's Disease." *PLoS ONE* 10.3 (March 25, 2015). 1-17.

Backed by scientific data conducted on the brains of mice, this article strongly suggests that a diet that incorporates, pomegranates, figs and dates offers protection against



neurodegenerative diseases including Alzheimer's and other disease that are associated with elevated inflammation. Includes tables, charts and references.

Jancin, Bruce. "Acupuncture beats gabapentin for hot flashes." *Family Practice News* 45.1 (January 1, 2015) 18.

This article discusses the benefits of electro acupuncture as a treatment for hot flashes in breast cancer survivors as opposed to the medication gabapentin. A comparison study was done supporting acupuncture as being helpful without additional side effects and less of a drop out from the study among patients. Includes illustrations.

Kawatra, Pallavi, and Rathai Rajagopalan. "Cinnamon: Mystic powers of a minute ingredient." *Pharmacognosy Research* 7.5 (2015) 1.

This article discusses the 4 different types of cinnamon and the health benefits associated with them. The article explains how cinnamon is obtained and gives a brief history of the spice. Several studies are mentioned that demonstrate the positive effects cinnamon has on cognition enhancer, diabetes, blood pressure, antimicrobial and its antioxidant properties. Includes tables.

Larzelere, Michele M., Ernest James, III, and Michael Arcuri. "Treating depression: what works besides meds?" *Journal of Family Practice* (Aug. 2015): 454-459.

This article describes two cases of individuals who suffer from depression and how they were treated using several non-medications options with outcomes provided. A list of those treatments are described and include practice recommendations. Includes references and tables.

Murray, Kelly A., Katherine S. O'Neal, and Michael Weisz. "Dietary suggestions for migraine prevention." *American Journal of Health-System Pharmacy* 72.7 (April 1, 2015): 519-521.

This article discusses migraine triggers such as food, strong odors, and bright lights. The authors believe that adding vitamins, supplements and herbal medications to your diet may be helpful. The also suggest that migraine sufferers avoid skipping meals, stay well hydrated and watch caffeine intake as well as implement a low fat diet. Includes illustrations and references.

"Osteoarthritis relief without more pills." *Harvard Men's Health Watch* (May 2015): Vol. 19 1, 7.

This article gives suggestions to osteoarthritis sufferers who do not wish to take over-the-counter pain relievers. Suggested treatment includes maintaining a healthy weight and exercising regularly, physical therapy, acupuncture and dietary supplements. Also included is dosing recommendations of acetaminophen and nonsteroidal anti-inflammatory drugs.





**CAM: Complementary & Alternative Medicines**

VOLUME 25

FALL 2016

Peppone, Luke J., et al. "The effect of YOCAS[c].sup.[R] yoga for musculoskeletal symptoms among breast cancer survivors on hormonal therapy." *Breast Cancer Research and Treatment* 150.3 (2015): 597.

This article discusses relief for breast cancer survivors who take medications to increase their survival rates but cause musculoskeletal symptoms. A study was conducted to determine if yoga was helpful in relieving pain. The study design, participants and measure are discussed. The results were analyzed and indicated that YOCAS yoga was helpful. Includes tables and references.

Russo, Ruthann, Ian Diener, and Michael Stichter. "The low risk and high return of integrative health services." *Healthcare Financial Management* (November 2015): 114-120.

This article discusses the use of integrative health modalities (IHM) as adjunctive care to conventional treatments. Many medical centers across the county are now including patient centered approaches to address the physical, emotional, mental, social, spiritual factors affecting the individual. This article summarizes a detailed analysis that compared patient who received IHMs to those who did not. The findings suggest the IHMs can produce substantial financial savings, especially among those patients with a high per capital cost. Additionally, there was a decrease in the length of hospital stay, the use of narcotic drugs and an increase in patient satisfaction. Includes charts, tables and references.

Sanadhya, Sudhanshu, et al. "Complementary and Alternative Medicine: A Buzz for Medical and Health Care Systems." *Journal of Research in Pharmacy Practice* 4.1 (January-March 2015):42

This article describes the importance and relevance of CAM as part of a holistic approach to care and the need for both practitioners of traditional medicine and CAM to work together. Several examples are cited including the positive effects of essential oil, massage, and yoga.

"The finer points of acupuncture: this ancient therapy can be a new way to manage pain." *Healthy Years* 12.8 (August 2015) 5.

This article discusses how acupuncture works and the benefits, especially among seniors who are finding that this simple therapy may be the best solution to long-term aches and pains. This traditional Chinese medicine has been used to treat all kinds of physical and mental ailments with minimal side effects.





**CAM: Complementary & Alternative Medicines**

VOLUME 25

FALL 2016

**Periodicals-2016**

“Acupuncture and Alexander Technique Help Relieve Chronic Neck Pain”. *Harvard Men’s Health Watch*. (March 2016) p 8.

The Alexander Technique is an educational method that teaches people how to avoid unnecessary muscle tension and improve posture and body alignment. Acupuncture uses hair thin needles to stimulate specific points on the body, which is thought to trigger physiological processes that relieve pain. In the *Annals of Internal Medicine*, it was reported that British researchers did a study with over 500 patients who suffered from neck pain for over 6 years. They were randomly placed in 3 groups: one AT, one acupuncture only and one physical therapy and medication. After 3 months, the AT and acupuncture group had over 31% decline in pain, while the traditional medicine group experienced 23% decline in pain. These treatments may be a viable option for patients who have had long term neck pain and who have not responded to conventional treatments.

Garrad, Cathy. “What Integrative Doctors Tell Their Friends”. *Redbook*. (March 2016) p 88-90

This article highlights four doctors giving their point of view on holistic vs traditional medical practices. Treatments for stress, increased belly fat, insomnia and chronic pain all involve some simple remedies that do not involve prescription medication. Most doctors felt that for ongoing care and general wellness, patients may benefit from a broader approach and not just traditional Western medicine.

“Hands-On Help for Necks and Backs”. *Consumer Reports on Health*. (August 2016) p 6-8

According to the National Center for Health Statistics, the number of people receiving acupuncture, chiropractor services and massage therapy has increased by 10 – 35% between 2002 and 2012. For conventional and complementary pain treatments, what works for one person does not necessarily work for another person. It is best to try a variety of modalities until finding the treatment that works best. It is important to find a therapist who cares about function and not just pain relief and who will help you attain a better quality of life.

Hodson, Hal. “A Diet to Starve Brain Cancer”. *New Scientist*. (February 27, 2016). Vol 229. p 10-11

This article discusses the alternative cancer treatment of Andrew Scarborough, a nutrition student who was diagnosed with brain cancer. It states that he used a ketogenic diet that involves cutting back on carbohydrates almost completely, and increased fat intake. This diet deprived the tumor of the glucose it needs to grow. Scarborough did all the traditional therapy including chemotherapy and radiation, so that may have been why his



**CAM: Complementary & Alternative Medicines**

VOLUME 25

FALL 2016

outcome was so successful. It mentions that oncologists think that the method of the diet, while extreme, is worth exploring, especially in conjunction with standard modalities.

Kandal, Bethany. "20 Doctor Recommended Natural Remedies". *Prevention*. (September 2016). Vol 68 p 54-63.

This article highlights 20 medical experts who share their most trusted treatments for everyday ailments, using natural remedies. Coconut and olive oils, blackstrap molasses, herbal teas, ginger, white and cider vinegar, green tea and dark chocolate are all common foods and herbs that these doctors recommend.

Krainin, Todd. "The Alternative Medicine Racket". *Reason*. (December 2015) Vol 47 p 28-32

This article discusses former Senator Thomas Harkin and his exploration into the world of alternative therapy. He established the Office of Alternative Medicine within the National Institute of Health and was responsible for funneling millions of dollars into the office to validate all different kinds of treatments. Unfortunately, according to this article, scientific validation was virtually nonexistent, and evaluation of the therapies by this NIH was something Harkin and others wanted to "rubber stamp" and "push through" without having to go through scientific investigation. "Americans have grown accepting of alternative medicine theories, but there are no strong claims to therapeutic benefit". This was a claim from the Chicago Tribune who did an expose in 2011, which led a new director of the OAH to finally admit that alternative medicine should not replace conventional medical care. The article goes on to mention that funding for alternative medicine reached 521 million in 2010, despite zero scientific evidence of any treatments being effective.

"The Quack-Up: Pretend Medicine: the Appeal of Unproven Alternative Treatments is Undimmed". *The Economist*. (May 21, 2016). p 26

A study by the Center for Disease Control and Prevention in 2012 established that one-third adults use some sort of alternative treatment, mostly in addition to conventional medicine. Annual bill for complementary interventions is over 34 billion, despite the fact that the great majority of alternative treatments are either unproven or know to be rubbish, states the article. Many feel that the center, NIH, who is using great sums of money to investigate many unconventional health practices, should be abolished. The growth of mis-leading medical titles from practitioners with no medical training is alarming. The internet may encourage "quacks", for as long as they include disclaimers, anyone can slap up free web-sites offering treatments to help with such things as "baldness, pudginess, flu and cancer." The article concludes that "at best, people will waste money chasing such promises and at worst they could get hurt".



**CAM: Complementary & Alternative Medicines**

VOLUME 25

FALL 2016

**DVDs**

Grounded. (2014) Length 74 minutes. Haines, AK: Kroschel Films. Standard #091037723857. \$24.99

This documentary explores the theory that physical, bare skin contact with the Earth can produce healing properties. Alaskan wildlife filmmaker, Steven Kroschel documents his own relief, as well as pain relief of other people from the town of Haines, Alaska by simply reconnecting people with the healing qualities of the Earth.

Heal for free. (2015) Length 74 minutes. Haines, AK: Kroschel Films. Standard #040232270826. \$24.99

This film is the "sequel to the movie The Grounded. It documents the amazing phenomena of Earthing, also known as Grounding, and explains the need to connect with the Earth's subtle, natural, and healing energy. The surface of the Earth teams with free electrons required by the human body to quell free radical damage and tame the fires of inflammation that run rampant in the electrically-unbalanced bodies of our modern society."--Grounded.com.

Science and nature of healing. (2012). Length 720 minutes. Chantilly, VA: The Teaching Company. 9781598038668. \$74.33

This collection of (24) - 30 minute lectures shows an emphasis on preventative care as opposed to pharmaceutical treatment. The titles of the lectures are as follows:

1. shifting the health-care paradigm -- 2. Understanding holistic integrative medicine -- 3. You are more than your genes -- 4. Food matters -- 5. Not all foods are created equal -- 6. Natural approaches to inflammation -- 7. Food sensitivity and the elimination diet -- 8. Vitamins and supplements -- 9. Herbal remedies -- 10. Lowering cholesterol naturally -- 11. Treating high blood pressure naturally -- 12. Treating diabetes naturally -- 13. Stress and the mind-body connection -- 14. Turning stress into strength -- 15. Meditation, yoga, and guided imagery -- 16. Natural approaches to mental health -- 17. Biofield therapies -- 18. The power of love -- 19. Spirituality in health -- 20. Components of spiritual wellness -- 21. Applying the lessons of natural healing -- 22. Ecology and health -- 23. Healthy people, healthy planet -- 24. You are your own best medicine.

Shaman Healer Sage. (2013) Length 64 minutes. United States: True Mind Films. 9781934708941. \$19.99

Shaman, Healer, Sage tells the story of Alberto Villoldo, Ph. D., a man who transitioned from a career in modern medical science to one that uses a deep knowledge and understanding of the ancient energy medicine of the legendary Inka and Q'ero shamans of South America. The film is an exploration into the mysteries of life culminating with the



deepest mystery of all-death-in which Villoldo shows us how to deal with our own mortality and that of our loved ones.

### **Audiobooks**

Burch, Vidyamala. *You are not your pain: using mindfulness to relieve pain, reduce stress, and restore well-being: an eight-week program.* New York, NY. : Macmillan Audio, 2013. 9781427258137. 6 audio discs. \$29.99

Developed by those who themselves have struggled with severe pain after sustaining serious injuries reveal a simple eight-week program of mindfulness-based practices that will remove suffering. The meditations have been shown to be as effective as prescription painkillers to soothe some of the most common causes of pain. They soothe the brain's pain networks, while also significantly reducing the anxiety, stress, exhaustion, irritability, and depression that often accompanies chronic pain.

Emmons, Henry. *The chemistry of joy: a three-step program to overcoming depression through Western science and Eastern wisdom.* Holland, Oh. : Dreamscape Media, LLC, 2015. 9781681418407. 9 audio discs. \$39.99

The classic book is a valuable guide for anyone wishing to find greater exuberance and fulfillment in their life. Dr. Emmons's natural approach to depression, supplemented with medication if necessary, combining the best of Western medicine and Eastern teaching to create your body's own biochemistry of joy.

Mosley, Michael. *The 8-week blood sugar diet. How to beat diabetes fast (and stay off medication for life).* Old Saybrook, CT: Tantor Audio, 2016. 9781515904519. 4 audio discs. \$39.99.

Dr. Michael Mosley presents a groundbreaking, science-based, eight-week plan for diabetics who want to reverse their condition, and stay off medication. He also offers a more flexible regime for people interested in the extensive health benefits to be gained from lowering their blood sugar levels and shedding dangerous fat.

Offit, Paul A. *Do you believe in magic? : The sense and nonsense of alternative medicine.* Old Saybrook, CT: Tantor Audio, 2014. 9781452619262. 5 audio discs. \$37.99

Medical expert Paul A. Offit, MD, offers a scathing expose of the alternative medicine industry, revealing how even though some popular therapies are remarkably helpful due to the placebo response, many of them are ineffective, expensive, and even deadly.



**Downloadables: E-Books**

Axe, Josh. Eat dirt: why leaky gut may be the root cause of your health problems and 5 surprising steps to cure it. New York, N.Y.: Harper Collins, 2016. 9780062433664. Adobe EPub ebook

Doctor of Natural Medicine and wellness authority Dr. Josh Axe discusses how soil-based organisms are linked to a wide variety of health conditions. He delivers a groundbreaking, indispensable guide for understanding, diagnosing, and treating one of the most discussed yet little-understood health conditions: leaky gut syndrome.

Grossinger, Richard. Planet medicine: from Stone Age shamanism to post-industrial healing. New York: North Atlantic Books, 2013. 9781583947296. Adobe EPub ebook.

Planet Medicine is a major work by an anthropologist who looks at medicine in a broad context. In this edition, additions to this classic text include a section on Reiki, a comparison of types of palpation used in healing, updates on craniosacral therapy, and a means of understanding how different alternative medicines actually work. Illustrated throughout, this is the standard on the history, philosophy and anthropology of this subject.

Heaven, Ross. Shamanic Plant – Ayahuasca: The vine of souls. Lanham: John Hunt Publishing, 2014. 9781782792482. Adobe EPub ebook.

The Shamanic Plant Medicine series acts as an introduction to specific teacher plants used by Shamans in a variety of cultures to facilitate spirit communion, healing, divination and personal discovery. Ayahuasca is the shamanic medicine of the Amazonian rainforest and has been used by shamans for millennia to induce visionary states wherein they astrally travel to other locations, see the future or carry out healing for others.

Henner, Marilu. Changing normal: how I helped my husband beat cancer. New York: Gallery Books, 2016. 9781476793955. Adobe EPub ebook.

The author presents an account of how her husband and she battled his cancer through various holistic treatments involving superfoods, exercise, and immunotherapies, explaining how the disease strengthened their bond and helped them to emerge happier and healthier.

Marchant, Jo. Cure: a journey into the science of mind over body. New York: Crown/Archetype, 2016. 9780385348164. Adobe EPub ebook.

Award-winning science writer Marchant, a PhD in genetics, explores the work of researchers studying the role of the mind in health and healing and discovers compelling information. She traveled the world and interviewed scientists, physicians, alternative



**CAM: Complementary & Alternative Medicines**

VOLUME 25

FALL 2016

medicine practitioners, and patients to learn more about the mind-body relationship and found that, in many cases, it can assist to ease discomfort, boost the immune system, and aid recovery. While it has limitations, incorporating nontraditional techniques in medical treatment gives patients hope and offers them some control over the process.

Mosley, Michael. The 8-week blood sugar diet. How to beat diabetes fast (and stay off medication for life). New York: Atria Books, 2016. 9781501111242. Adobe EPub ebook.

Dr. Michael Mosley presents a groundbreaking, science-based, eight-week plan for diabetics who want to reverse their condition, and stay off medication. He also offers a more flexible regime for people interested in the extensive health benefits to be gained from lowering their blood sugar levels and shedding dangerous fat.

Null, Gary. No more cancer: a complete guide to preventing, treating and overcoming cancer. New York: Gary Null publishing, 2014. 9781628739749.

This book is an exploration of current alternative treatments for cancer not explored by mainstream medicine, it also identifies foods and supplements that potentially bolster the body's immune system and reduces cancer risks.

**Downloadables: E-Audiobooks**

Axe, Josh. Eat dirt: why leaky gut may be the root cause of your health problems and 5 surprising steps to cure it. New York, N.Y.: Harper Collins, 2016. 9780062444974.

Doctor of Natural Medicine and wellness authority Dr. Josh Axe discusses how soil-based organisms are linked to a wide variety of health conditions. He delivers a groundbreaking, indispensable guide for understanding, diagnosing, and treating one of the most discussed yet little-understood health conditions: leaky gut syndrome.

Colbert, Don. Reversing Diabetes. Carol Stream: Oasis Audio, 2012. 9781608149803.

Dr. Colbert shows that diabetes can be treated through safe, natural means, like healthy food and vitamins rather than strictly relying on prescription drugs. He shows you how to manage your weight and your glucose intake with a whole-body approach, using nutritional supplements along with dietary and lifestyle changes to lose weight, repair cell damage, improve insulin function, and reduce the side effects from prescription drugs, many of which rob nutrients from the body and cause additional symptoms.

**Social Media**

Connect with others interested in alternative and complementary medicine. Social media sites are not reliable sources for medical information.





**CAM: Complementary & Alternative Medicines**

VOLUME 25

FALL 2016

The Academic Consortium for Integrative Medicine & Health

“The mission of the Consortium is to advance the principles and practices of integrative healthcare within academic institutions.”

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Cochrane Complementary Medicine

“Cochrane Complementary Medicine is based at the University of Maryland Center for Integrative Medicine, where it has been in place since the establishment of the Field in 1996. Our international group of collaborators has contributed to systematic reviews of controlled clinical trials in areas such as acupuncture, massage, herbal medicine, and mind-body therapy, among others, and disseminated the results of these systematic reviews to practitioners, researchers, and patients.”

Blog: <https://cochranecam.wordpress.com/>

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Twitter: <https://twitter.com/cochranecam>

Dr. Andrew Weil

“Dr. Weil is a world-renowned leader and pioneer in the field of integrative medicine, a healing oriented approach to health care which encompasses body, mind, and spirit.”

Blog: <http://www.drweilblog.com/>

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RSS: <http://feeds.feedburner.com/DrWeilsDailyHealthTips>

Twitter: <https://twitter.com/DrWeil>

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Duke Integrative Medicine

“Duke Integrative Medicine provides customized, patient-centered healthcare that combines conventional medicine with proven complementary techniques to motivate and assist clients to optimize their health.”

Facebook: <https://www.facebook.com/DukeIntegrativeMedicine/?ref=ts>

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Hashtags

Use hashtags to search social media sites, such as twitter, to find relevant content.

Popular Hashtags for alternative and complementary medicine:

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**CAM: Complementary & Alternative Medicines**

VOLUME 25

FALL 2016

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**Joyous Health**

“Joy McCarthy is a Holistic Nutritionist, author of [Joyous Health: Eat & Live Well without Dieting](#), professional speaker, nutrition expert on Global’s Morning Show, Faculty Member at Institute of Holistic Nutrition and co-creator of [Eat Well Feel Well](#), Toronto’s first integrated nutrition and yoga program.”

Facebook: <https://www.facebook.com/joyoushealth.ca/>

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**Medical News Today**

Complementary Medicine / Alternative Medicine News blog

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Twitter: [https://twitter.com/mnt\\_complement](https://twitter.com/mnt_complement)

**National Center for Complementary and Integrative Health (NCCIH)**

“The National Center for Complementary and Integrative Health (NCCIH) is the Federal Government's lead agency for scientific research on the diverse medical and health care systems, practices, and products that are not generally considered part of conventional medicine.”

Blog: <https://nccih.nih.gov/research/blog>

Email: A semi-monthly e-mail of advisories, new resources, events, funding announcements, jobs, and more.

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**CAM: Complementary & Alternative Medicines**

VOLUME 25

FALL 2016

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Live Chats with Experts: <https://nccih.nih.gov/news/events/livechat>

Newsletter: A monthly e-newsletter for health care providers that provides evidence-based information on complementary health approaches and resources for patients.

[https://public.govdelivery.com/accounts/USNIHNCCIH/subscriber/new?topic\\_id=USNIHNCCIH\\_2](https://public.govdelivery.com/accounts/USNIHNCCIH/subscriber/new?topic_id=USNIHNCCIH_2)

Pinterest: <https://www.pinterest.com/nccih/>

Twitter: [https://twitter.com/NIH\\_NCCIH](https://twitter.com/NIH_NCCIH)

Youtube: [https://www.youtube.com/c/NIH\\_NCCIH](https://www.youtube.com/c/NIH_NCCIH)

**National Institutes of Health, Office of Dietary Supplements**

“Information on dietary supplements—whether you are a consumer, scientist, health professional, or part of the dietary supplement industry.”

Facebook: <https://www.facebook.com/NIH.ODS>

Listserv: [https://ods.od.nih.gov/News/ODS\\_ListServ.aspx](https://ods.od.nih.gov/News/ODS_ListServ.aspx)

Newsletter: [https://ods.od.nih.gov/News/ODS\\_Update.aspx](https://ods.od.nih.gov/News/ODS_Update.aspx)

Twitter: [https://twitter.com/NIH\\_ODS](https://twitter.com/NIH_ODS)

Videos: [https://ods.od.nih.gov/About/ODS\\_Videos.aspx](https://ods.od.nih.gov/About/ODS_Videos.aspx)

***The New York Times Health and Wellness***

Well blog [http://well.blogs.nytimes.com/category/live/alternative-medicine/?\\_r=0](http://well.blogs.nytimes.com/category/live/alternative-medicine/?_r=0)

**Agencies and Associations**

**Academic Collaborative for Integrative Health**

PO Box 1432

Mercer Island, WA 98040

Telephone: 858-371-3147

URL: <http://accahc.org/>

Our core Organizational Membership consists of councils of colleges and schools, accrediting agencies, and certification and testing organizations associated with the five distinctly licensed integrative health and medicine professions that have a federally recognized accrediting agency. These are: acupuncture and Oriental medicine, chiropractic, direct entry (home birth) midwifery, massage therapy, and naturopathic medicine.



**CAM: Complementary & Alternative Medicines**

VOLUME 25

FALL 2016

American Association of Acupuncture & Oriental Medicine  
PO Box 96503  
#44114  
Washington DC 20090-6503  
URL: <http://www.aaaomonline.org>

The AAAOM is the oldest and largest national membership organization of acupuncture and Oriental medicine (AOM) practitioners and supporters that serves to advance the profession and practice of AOM. The mission of the AAAOM is to support our members and the AOM community through education, occupational resources, media support, and legislative advocacy in our commitment to facilitate access to the highest quality of healthcare in the United States.

The American Alternative Medicine Association  
2200 Market Street  
Suite 803  
Galveston, TX 77550-1530  
Telephone: 1-888-764-2237  
URL: <http://www.joinaama.com>

The American Alternative Medical Association is a division of the American Association of Drugless Practitioners Certification & Accreditation Board, which was established in 1990. The AAMA is dedicated to promote an enhanced professional image and prestige among doctors of traditional and non-traditional therapies and methodologies. The AAMA's national and international membership body is made up of NDs, NMDs, DNs, DOs, DCs, PhDs, MDs, DDSs, AyDs, DDs, OMDs, and other alternative health care doctors. The AAMA does not cater only to one field of health care practitioner, but unites all professional doctors that educate and practice the benefits of alternative health care. As other organization's benefits are limited to educational discounts, car rental discounts and seminars. The AAMA's benefits can help promote you and your practice. Both traditional and non-traditional holistic schools and colleges have suggested to their graduates to become board certified. The AAMA is recognized by many holistic schools and colleges.

American Association of Naturopathic Physicians  
818 18th Street, NW, Suite 250  
Washington, DC 20006  
Telephone: 202-237-8150  
Toll-Free: 866-538-2267  
URL: <http://naturopathic.org>



**CAM: Complementary & Alternative Medicines**

VOLUME 25

FALL 2016

The American Association of Naturopathic Physicians is a national professional society representing licensed naturopathic physicians. AANP aims to increase awareness of and expand access to naturopathic physicians, help its members build successful medical practices, and expand the body of naturopathic medicine research.

**American Association of Professional Hypnotherapists**

AAPH Headquarters

16055 SW Walker Rd. #406

Beaverton, OR 97006

Telephone: 503-533-7106

URL: <http://aaph.org>

The American Association of Professional Hypnotherapists is a worldwide organization that provides knowledge, tools and resources to professional hypnotherapists in order to support their success in small business and in the hypnotherapy industry.

**American Board of Integrative Holistic Medicine**

5755 Granger Rd.

Suite 500

Independence, OH 44131

Telephone: 218-525-5651

URL: <http://www.abihm.org>

The Academy of Integrative Health & Medicine (AIHM) is a global, interprofessional, member organization that educates and trains clinicians in integrative health and medicine to assure exemplary health care. The AIHM's training incorporates evidence-informed research, emphasizes person-centered care and embraces global healing traditions. By combining science and compassion, the AIHM is transforming health care.

**American Holistic Health Association**

PO Box 17400

Anaheim, CA 92817-7400 USA

Telephone: 714-779-6152

URL: <http://ahha.org/>

In 1989, the idea for AHHA came from the boards of two national holistic medical associations. They encourage healthcare physicians and practitioners to incorporate holistic principles into their practices, and saw the need for a new organization to educate the public on the power of the holistic approach. Suzan Walter and Michael Morton accepted their challenge and established AHHA (that's ah-ha!) to offer free information about health and wellness resources to help you better cope with an illness or disease, or



**CAM: Complementary & Alternative Medicines**

VOLUME 25

FALL 2016

to enhance your health. AHHA's focus is to help you integrate mind, body and spirit in the process. Resources include offerings in both conventional and alternative medicine.

American Institute of Homeopathy  
c/o Sandra M. Chase, MD, DHt, Trustee  
10418 Whitehead St.  
Fairfax, VA 22030  
Telephone: 888-445-9988

URL: <http://www.homeopathyusa.org>

The American Institute of Homeopathy, the oldest extant national physicians' organization in the US, has promoted homeopathic medicine as a medical specialty since 1844. Our members are licensed physicians (medical, osteopathic, and naturopathic), dentists, veterinarians, nurse practitioners, physician assistants, pharmacologists and pharmacists and all of us are trained in homeopathic medicine as well as the medical/dental training required for our respective license. As licensed homeopaths, we are aware of the benefits and limits of both conventional and homeopathic medicine. When possible, we choose to promote the healing of our patients with homeopathic medicines because they are gentle yet highly efficacious.

American Massage Therapy Association  
500 Davis Street,  
Suite 900  
Evanston, IL 60201  
Telephone: 877-905-0577

URL: <http://www.amtamassage.org>

The American Massage Therapy Association (AMTA) is the largest non-profit, professional association serving massage therapists, massage students and massage schools. It is the most trusted and respected name in massage therapy. AMTA provides our members with the strongest benefits in the profession. We promote massage to the public, the health care community and other important groups. We work for fair licensing of massage in all states, and actively support research. Your voice is heard in AMTA as we are governed by massage therapists. And, we provide a wealth of local and national networking and continuing education opportunities.

American Society of Clinical Hypnosis  
140 N. Bloomingdale Rd  
Bloomingdale, IL 60108  
Telephone: 630- 980-4740  
URL: <http://www.asch.net>





**CAM: Complementary & Alternative Medicines**

VOLUME 25

FALL 2016

To provide and encourage education programs to further, in every ethical way, the knowledge, understanding, and application of hypnosis in health care; to encourage research and scientific publication in the field of hypnosis; to promote the further recognition and acceptance of hypnosis as an important tool in clinical health care and focus for scientific research; to cooperate with other professional societies that share mutual goals, ethics and interests; and to provide a professional community for those clinicians and researchers who use hypnosis in their work.

Foundation for Alternative and Integrative Medicine

PO Box 2860

Loveland, CO 80539

URL: <http://www.faim.org>

The Foundation for Alternative and Integrative Medicine (FAIM) searches the world for effective, nontoxic, and low-cost alternative medical therapies. FAIM then conducts retrospective studies and partners with medical facilities, foundations, hospitals, and universities for the development of clinical trials to demonstrate the effectiveness of a therapy. FAIM disseminates information on new frontiers in science and medicine and encourages adoption of cost effective therapies through global networking, conferences, publishing books, and internet website postings.

Holistic Pediatric Alliance

327 N. Middletown Rd.

Media, PA 19063

Telephone: 610-565-2360

URL: <http://hpakids.org>

The mission of HPA is to unite parents and health professionals in the common goal of improving and transforming family health care into a safe, nurturing, holistic system. We encourage and empower parents to become informed on all health care choices relating to their families. We respect parent's ability to access and trust their intuitive wisdom in their choices. We offer education and support and an on-line network of practitioners who are supportive of the family wellness lifestyle.

National Ayurvedic Medical Association

8605 Santa Monica Blvd, #46789

Los Angeles, CA 90069-4109

Telephone: 800-669-8914

URL: <http://www.ayurvedanama.org>

The purpose of the Association is to provide leadership within the Ayurvedic profession and to promote a positive vision for Ayurveda and its holistic approach to health and



**CAM: Complementary & Alternative Medicines**

VOLUME 25

FALL 2016

wellness. We will carry out our mission by creating and implementing a dynamic strategic plan to ensure the professional growth and success of Ayurveda.

**National Center for Complementary and Integrative Health**

9000 Rockville Pike

Bethesda, Maryland 20892

Telephone: 858-371-3147

URL: <https://nccih.nih.gov/>

The National Center for Complementary and Integrative Health (NCCIH) is the Federal Government's lead agency for scientific research on complementary and integrative health approaches. The mission of NCCIH is to define, through rigorous scientific investigation, the usefulness and safety of complementary and integrative health interventions and their roles in improving health and health care. Scientific evidence informs decision making by the public, by health care professionals, and by health policymakers regarding the use and integration of complementary and integrative health approaches.

**National Center for Homeopathy**

7918 Jones Branch Drive

Suite 300

McLean VA, 22102

Telephone: 703-506-7667

URL: <http://www.nationalcenterforhomeopathy.org>

NCH supports education in, awareness of, and increased access to homeopathy. We have the largest, most diverse membership in the homeopathic community and we are the national go-to resource for all who are interested in learning about homeopathy.

**National Certification Board for Therapeutic Massage and Bodywork**

1333 Burr Ridge Parkway

Suite 200

Burr Ridge, IL 60527

Telephone: 1-800-296-0664

URL: <http://www.ncbtmb.org>

The National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) is an independent, private, nonprofit organization founded in 1992. The mission of NCBTMB is to define and advance the highest standards in the massage therapy and bodywork profession. In support of this mission, NCBTMB serves the profession through Board Certification, Approved Providers, and Assigned Schools.

**National Certification Commission for Acupuncture and Oriental Medicine**



**CAM: Complementary & Alternative Medicines**

VOLUME 25

FALL 2016

76 South Laura Street  
Suite 1290  
Jacksonville, FL, 32202, USA  
Telephone: 904- 598-1005  
URL: <http://www.nccaom.org/>

The NCCAOM is the only national organization that validates entry-level competency in the practice of acupuncture and Oriental medicine (AOM) through professional certification. NCCAOM certification or a passing score on the NCCAOM certification examinations are documentation of competency for licensure as an acupuncturist by 44 states plus the District of Columbia which represents 98% of the states that regulate acupuncture.

Yoga Alliance  
1560 Wilson Boulevard, Suite 700  
Arlington, VA 22209  
Telephone: 1-888-921-9642  
<https://www.yogaalliance.org>

Yoga Alliance® is the largest nonprofit association representing the yoga community. Our mission is to promote and support the integrity and diversity of the teaching of yoga.

## **Government Organizations**

American Association of Oriental Medicine (AAOM)  
909 22<sup>nd</sup> Street  
Sacramento, CA 95816  
Telephone: (866) 455-7999  
URL: [www.aaom.org](http://www.aaom.org)

The AAOM is the oldest and largest national membership organization of acupuncture and Oriental Medicine (AOM). The mission of the AAAOM is to support our members the AOM community through education, occupational resources, media support, and legislative advocacy in our commitment to facilitate access to the highest quality of healthcare in the United States.

MedlinePlus-Complementary and Alternative Therapies  
8600 Rockville Pike  
Bethesda, MD 20894

URL: <https://medlineplus.gov/complementaryandalternativetherapies.html>

An authoritative source on complementary, alternative and integrative medicines such as aromatherapy, massage therapy, and acupuncture. Medlineplus provides up to date information on research, tutorials, and latest news.



**CAM: Complementary & Alternative Medicines**

VOLUME 25

FALL 2016

National Center for Complementary and Integrative Medicine (NCCIH)

9000 Rockville Pike,

Bethesda, MD 20892

Telephone: 1-888- 644-6226

TTY: 1-866-464-3615

URL: <https://nccih.nih.gov/>

The mission of NCCIH is to define, through rigorous scientific investigation, the usefulness and safety of complementary and integrative health interventions and their roles in improving health and health care.

Office on Women's Health (OWH)

U.S. Department of Health and Human Services

200 Independence Ave, SW

Washington, DC 20201

Telephone: OWH Helpline 800-994-9662

URL:

<http://womenshealth.gov/aging/drugs-alternative-medicine/complementary-alternative-medicine.html>

An informative site on CAM and how it relates to women's health, aging, CAM products, consumer alerts, medication safety, product labels and more.

White House Commission on Complementary and Alternative Medicine Policy (WHCCAMP)

1600 Pennsylvania Ave NW

Washington, DC 20500

Telephone: (202)456-1111

URL: <http://www.whccamp.hhs.gov/fr1.html>

The White House Commission on Complementary and Alternative Medicine Policy (WHCCAMP) was established in March 2000 to address issues related to access and delivery of CAM, priorities for research, and the need for better education of consumers and healthcare professionals about CAM. The President's Executive Order No. 13147 establishing the Commission states that its primary task is to provide, through the Secretary of Health and Human Services, legislative and administrative recommendations for ensuring that public policy maximizes the potential benefits of CAM therapies to consumers.