
ALTERNATIVE MEDICINE RESOURCES

REFERENCE BOOKS

Alternative Medicine: the Definitive Guide – REF R733 .A46 2002 Guide to acquaint readers with alternative methods for the maintenance of good health and the treatment of illness.

The Desktop Guide to Complementary and Alternative Medicine – REF R733 .D466 2001 Information from controlled clinical trails and systematic reviews of random studies in a clear, concise format.

Diagnosis in Chinese Medicine: a Comprehensive Guide – REF RC71.3 .M26 2004 Provides a clinical understanding of traditional Chinese medicine.

The Encyclopedia of Complementary and Alternative Medicine – REF R733 .N38 2004 Current information on alternative, complementary or integrative healing methods in A-Z format.

Encyclopedia of Complementary Health Practices – REF R733 .E525 1999 Comprehensive and concise information concerning the application of complementary health practices that supplement traditional medical procedures.

Encyclopedia of Folk Medicine – REF R733 .H376 2004 Folklore studies of folk medicine of Britain, Ireland and North America.

Encyclopedia of Dietary Supplements – REF RM258.5 .E53 2005 Entries include the common and scientific names of featured herbs, vitamins, and other supplements along with information on indications, usage, and interaction with other supplements, herbs and drugs.

The Gale Encyclopedia of Alternative Medicine – REF R733 .G34 2005 Four volume reference containing approximately 800 entries on treating illnesses using alternative medicine, the theory and practice of various alternative cures, and the herbs and remedies utilized.

The Guide to Complementary and Alternative Medicine on the Internet – REF R733 .B795 2004 Reputable guide to complementary and alternative medicine information available on the Internet.

Medicinal Herbs: a Compendium – REF RS164 .A7913 2005 Contains profiles of about 200 important and commonly used medicinal herbs. Entries include directions for use.

Mosby's Dictionary of Complimentary & Alternative Medicine – REF R733 .M678 2005 Comprehensive glossary of approximately 6600 terms and 500 illustrations, along with 24

appendices. The terms and definitions cover many areas of complementary and alternative medicine.

***Natural Standard Herb & Supplement Reference: Evidence-Based Clinical Reviews* – REF R733 .N37 2005** Provides evidence-based, systematic review for 98 key herbs and supplements.

***Physician's Desk Reference for Herbal Medicines* – REF RM666 .H33 P37 2004** Extensive explanations of more than 600 herbal medications. Arranged by Latin name and cross-referenced by common name, entries contain descriptions, physical properties, intended usage and expected effects precautions, adverse reactions and recommended dosage. Includes color photos.

***Physician's Desk Reference for Nonprescription Drugs and Dietary Supplements* – REF RM671. A1 P48 2005** Covers safety and efficacy of over-the-counter drugs and dietary supplements.

***The PDR Family Guide to Natural Medicines and Healing Therapies* – REF R733 .P38 1999** A-Z treatment finder for hundreds of ailments including herbal remedies and a color herb identification guide.

E-JOURNALS

The Lancet <http://www.thelancet.com/> The international journal of medical science. You can find the full text of selected articles online, plus an editorial, commentary, news, case report, viewpoint, and more. Registration (free) is required, as is an e-mail address.

LOCATORplus <http://locatorplus.gov/> This is the catalog for the National Library of Medicine (NLM), the world's largest medical library. Use this database to determine if NLM owns a particular journal title, book, audiovisual item, or report. Records can be printed, downloaded, or e-mailed. Provides tutorials and a FAQ.

SELECTED WEB SITES

Complementary and Alternative Therapies for Cancer Patients
<http://cancer.ucsd.edu/Outreach/PublicEducation/cams.asp> A browsable list of complementary and alternative therapies for treating cancer, promoting wellness, and coping with the side effects of conventional cancer treatments. From the Rebecca and John Moores UCSD Cancer Center, University of California, San Diego.

Information Resource: About Herbs, Botanicals and Other Products
<http://www.mskcc.org/mskcc/html/11570.cfm> Provides objective information for oncologists and healthcare professionals, including a clinical summary for each agent and details about constituents, adverse effects, interactions, and potential benefits or problems. Evaluations of alternative or unproved cancer therapies are also provided. The site is part of the Integrative Medicine Service at Memorial Sloan-Kettering Cancer Center.

Unconventional Cancer Therapies Manual

<http://www.bccancer.bc.ca/PPI/UnconventionalTherapies/> The British Columbia Cancer Centre provides a valuable resource for patients and their families. This manual (4th ed., 2005) offers tips on evaluating alternative cancer therapies and objective information (from professional medical literature) about popular alternative treatments.

HerbMed **<http://www.herbmed.org/>** The Alternative Medicine Foundation presents plain English summaries of Medline research article abstracts (with links to the original) as well as links to traditional and folk use reports. Includes warnings about toxicity, adverse effects, drug interactions, and contraindications; preparations; mixtures; and mechanism of action.

Acupuncture.com **<http://www.acupuncture.com/>** An extensive site covering acupuncture and Traditional Chinese Medicine (TCM) modalities, which include herbology, Qi Gong, Chinese nutrition, and Tui Na healing massage. Professional resources include information on acupuncture law by state and treatment protocols. Student resources include a forum, a list of TCM schools around the world, and extensive resource materials such as charts, meridian therapy, and specific disease treatment principles and protocols. Searchable.

Alternative Medicine **<http://www.pitt.edu/~cbw/altm.html>** This annotated directory is "is a jumpstation for sources of information on unconventional, unorthodox, unproven, or alternative, complementary, innovative, integrative therapies." Includes practitioners' directories. By Charles B. Wessel, a medical librarian at the Falk Library of the Health Sciences, University of Pittsburgh, Pennsylvania.

Complementary and Alternative Medicine

<http://www.noah-health.org/en/alternative/> New York Online Access to Health (NOAH) provides resources in alternative medicine and therapies. The directory includes an extensive list of links dealing with alternative healing approaches as well as links to other resources such as book reviews, homeopathic and holistic medicine schools, "Find a Doctor/Practitioner," fraud, government resources, online journals, and research centers. Also available in Spanish.

DrWeil.com **<http://www.drweil.com/>** Contains information from Andrew Weil, a Harvard-trained doctor specializing in alternative medicine, mind/body interactions, and medical botany. Includes a question-and-answer page, an archive of past questions; recipes; bulletin boards; and interviews with medical experts.

HealthWorld Online **<http://www.healthy.net/>** Information on nutrition, fitness, medical self-care, wellness, natural health, alternative medicine, and more. Searchable.

Hospital & Health System Programs: Internet Resources: Alternative Medicine

<http://www.pitt.edu/~cbw/hospital.html> Useful for patients and health care practitioners who wish to pursue an integrated approach to treatment. The site lists the institutions and offers links to their Web sites. Compiled by University of Pittsburgh medical librarian Charles B. Wessel.

NCCAM Complementary and Alternative Medicine (CAM) Citation Index

<http://www.nlm.nih.gov/nccam/camonpubmed.html> The National Center for Complementary and Alternative Medicine created this database of more than 180,000 bibliographic citations from 1963-1999. Can browse for information on diseases, therapies, and medical fields. Searchable.

Rosenthal Center for Complementary and Alternative Medicine

<http://www.rosenthal.hs.columbia.edu/> One of thirteen centers funded by the National Institutes of Health to study alternative medicine. Has information about current research and practice of complementary and alternative medicine, and a special page dealing with pediatric and adult cancer therapies.

WholeHealthMD: The New Approach to Healing <http://www.wholehealthmd.com/> This site's focus combines conventional medicine with alternative therapies. Information is provided by a team of leading consumer health writers and board-certified physicians. Includes reference library, expert opinions, recipes, and health news.