



Patient-Friendly IM Resources

English-Language Sites

General

Aetna IntelliHealth

<http://www.intelihealth.com/>

Partnered with Harvard Medical School, this site provides disease and treatment overviews which include evidence-based information on integrative approaches to common health conditions. Also includes a Complementary and Alternative Medicine section covering herbal medicines/supplements and background information on various therapeutic modalities including evidence and unproven uses.

Bastyr Center for Natural Health, Bastyr University

<http://bastyrcenter.org/content/category/3/130/186/>

Offers a natural therapies approach to Health Conditions A to Z.

Complementary and Alternative Medicine, MedlinePlus

<http://www.nlm.nih.gov/medlineplus/complementaryandalternativemedicine.html>

Consumer health links from the National Library of Medicine. A good jumping off point.

Center for Health and Healing

<http://www.healthandhealingny.org/>

Overview, research and resources on 30 integrative approaches and traditional medicines and a Health A to Z section annotating high quality integrative research on 66 health conditions. Special sections explore in depth the integrative approach to chronic pain, depression, heart disease, diabetes and irritable bowel syndrome.

Informed Health Online

<http://www.informedhealthonline.org/>

Produced by the Health Research and Education Foundation, Melbourne, Australia. The site provides information and resource tools in order to keep up-to-date with reliable, evidence-based information, including a Health A to Z section. Information is based on Cochrane reviews and other reliable research on the effects of health care interventions.

Complementary and Alternative Medicine: Evaluate Claims of Treatment Success

<http://www.mayoclinic.com/health/alternative-medicine/SA00078>

The Mayo Clinic provides guidelines for helping patients assess whether a particular treatment approach is worth exploring.

National Center for Complementary and Alternative Medicine (NCCAM), NIH

<http://nccam.nih.gov/>

This extensive web site contains information on integrative approaches, consensus reports, and clinical trials. Select Health Topics A to Z for reports on integrative approaches to certain diseases and research to date. A useful introduction to the field.

Taking Charge of Your Health, Center for Health and Spirituality, University of Minnesota

<http://takingcharge.csh.umn.edu/>

An innovative, high quality web site for consumers on the integrative approach to health, getting the most from the current healthcare system, and creating a healthy lifestyle. Covers healing practices A to Z from acupuncture to yoga.



The New Medicine

<http://thenewmedicine.org/>

This consumer-friendly site focuses on prevention strategies and engaging people in their health care. My Health Interests covers the integrative approaches to health conditions that have been shown to be beneficial. My Health Planner developed by the University of Minnesota helps patients create and track their own plan for more balanced health and well-being.

University of Maryland Medical Center

<http://www.umm.edu/altmed/>

An authoritative and informative introduction to the most common integrative approaches, from acupuncture to yoga. Also presents evidence-based information on a wide variety of health conditions covering causes, risk factors, preventive care, and all effective treatment options including drugs, surgeries and procedures, and appropriate integrative approaches including acupuncture, nutrition, supplements, diets, herbal medicines, homeopathy and more. Offers a database on the most commonly used herbs and dietary supplements as well as information on herb and supplement interactions with medications.

Botanical/Dietary Supplements

ConsumerLab

<http://www.consumerlab.com/>

Provides independent test results on product quality of common brands of vitamins, minerals, herbs and dietary supplements. Also has referenced information on health conditions, supplements, functional foods, drug interactions and homeopathy. There is a \$29.95 per year subscription fee for full access.

MedlinePlus Herbs and Supplements

http://www.nlm.nih.gov/medlineplus/druginfo/herb_All.html

High quality herbal monographs prepared by the Natural

Standard Research Collaboration with use rated by scientific evidence, dosing information, interactions, and more.

NaturalHerbsGuide

<http://www.naturalherbsguide.com/>

NaturalHerbsGuide provides evidence-based information focused on helping consumers learn more about herbal medicines.

Cancer

Office of Cancer Complementary and Alternative Medicine, National Cancer Institute

<http://www.cancer.gov/cam/>

An overview of integrative approaches to cancer including research and clinical trials.

Environmental Medicine

Environmental Working Group

<http://www.ewg.org/>

This nonprofit environmental research organization covers consumer products, cell phone radiation, a chemical index including routes of exposure, health/toxicities, drinking water quality, and much more. EWG specializes in providing useful resources to consumers (like Skin Deep, a safety guide to cosmetics and personal care products and the Shoppers' Guide to Pesticides in Produce) while simultaneously advocating for national policy change.

Homeopathy

ConsumerLab

<http://www.consumerlab.com/>

Provides independent test results on product quality of common brands of vitamins, minerals, herbs and dietary supplements. Also has referenced information on health conditions, supplements, functional foods, drug interactions and homeopathy. There is a \$29.95 per year subscription fee for full access.



Mind-Body Medicine

Health Journeys

<http://www.healthjourneys.com/>

Developed by a pioneer in the field of imagery and health, the site provides research information, a collection of high quality resources on wellness, health disorders and chronic illness, practice tips, and a discussion forum.

HelpGuide

http://www.helpguide.org/mental/stress_relief_meditation_yoga_relaxation.htm

This non-profit organization covers stress relief strategies including the relaxation response, deep breathing, progressive muscle relaxation, meditation, guided imagery, yoga, tai chi and massage therapy. Provides useful information on how to start a practice.

Nutrition

Harvard School of Public Health: The Nutrition Source

<http://www.hsph.harvard.edu/nutritionsource/>

Timely information on diet and nutrition including what you should eat, healthy drinks, nutrition in the news, healthy recipes, and more.

World's Healthiest Foods (George Mateljan Foundation)

<http://www.whfoods.org/>

This non-profit foundation publicizes scientific information about the benefits of healthy eating. Under Healing with Foods, the dietary approach to thirteen common health conditions are discussed. The Essential Nutrients section provides detailed information on forty nutrients from alpha-carotene to zinc. Healthy Foods discusses the health benefits of 130 foods including their nutritional profile, how to store them and more. A very user friendly, consumer-oriented and informative site.

Senior Health

NIH Senior Health: Complementary and Alternative Medicine

<http://nihseniorhealth.gov/>

Describes NIH-funded research on integrative approaches to diseases that affect older adults including heart disease, cancer, arthritis, and Alzheimer's disease.

Tai Chi and Qigong

Tai Chi and Qigong for Health Information Center

<http://www.americantaichi.net/>

Originally funded by the National Library of Medicine, this site geared to consumers includes research-based articles on the health benefits of tai chi and qigong including arthritis, diabetes, fall prevention, fitness, mental health, pain, and other health topics. Includes a class locator by state.

Spanish-Language Sites

General

LatinSalud.com

<http://www.latinsalud.com/>

Covers a wide variety of health topics including nutrition, child and maternal health, complementary approaches and more.

National Center for Complementary and Alternative Medicine (NCCAM)

<http://nccam.nih.gov/health/espanol/>

Consumer information on diets, herbs, integrative therapeutic approaches, finding a practitioner, clinical studies, and more.



New Approaches to Chronic Disease

<http://www.healingchronicdisease.org/>

Developed by the Department of Integrative Medicine at Beth Israel Medical Center, these multimedia online modules (text, audio and Flash) present integrative approaches to heart disease, diabetes and chronic pain in English and Spanish. Also covers resources, research, self care, and more.

NOAH

<http://www.noah-health.org/es/alternative/index.html>

Links to information on integrative approaches including acupuncture, aromatherapy, Ayurveda, homeopathy, herbal medicine and chiropractic.

Salud Y Sociedad

<http://www.salud.bioetica.org/terapialter.htm>

Basic information on Ayurveda, Chinese Medicine, Japanese Medicine, homeopathy, herbal medicine, chiropractic, and reflexology.

Arthritis

Arthritis Foundation: Terapias Alternativas y Complementarias

<http://www.arthritis.org/espanol/terapias-alternativas-complementarias.php>

Discusses acupuncture, massage, meditation, and chiropractic approaches to arthritis

Botanical/Dietary Supplements

MedlinePlus

http://www.nlm.nih.gov/medlineplus/spanish/druginfo/herb_All.html

High quality herbal and supplement information from Natural Standard.

Cancer

National Cancer Institute

<http://www.cancer.gov/espanol/pdq/mca/mca-cancer-tratamiento>

Addresses questions on complementary and alternative medicine and how to evaluate and use integrative approaches for cancer

Cardiovascular Health

Sociedad Española de Cardiología

<http://www.fundaciondelcorazon.com/>

Discusses exercises, nutrition, heart disease prevention and more.

HIV+

The Well Project

http://www.thewellproject.org/es_US/Living_Well/

Developed by a not for profit corporation, this site is conceived, developed, and administered by HIV+ women and those who are affected by this disease. Its focus on living well with the disease covers exercise, nutrition, vitamins, supplements, and more.

Nutrition

Latino Nutrition Coalition

<http://latinonutrition.org/ComingSoon-Spanish.htm>

Covers nutrition basics, Latin foods A-Z, health pantry, food labels and recipes to help Latinos improve and maintain their health through traditional foods and active lifestyles.