Alternative, Complementary and Integrative Medicine
A Pathfinder

The Learning Center provides materials for information and convenience only. They are not to be substituted for medical advice. Medical information is often controversial and continually changes. Please talk to your doctor about your specific concerns.

The Learning Center provides a wide range of materials, and each location has different resources. Please call ahead to learn which location has the resources you need.

To learn more or ask questions, please call, email or visit The Learning Center.

Levit Family Learning Center
Mays Clinic
Floor 2, near The Tree Sculpture,
Room ACB2.1120
Monday – Friday, 9 a.m.-4 p.m.
713-563-8010
http://www.mdanderson.org/tlc
Email: asktlcstaff@mdanderson.org

Theodore N. Law Learning Center
Main Building
Floor 4, near Elevator A,
Room R4.1100
Monday – Friday, 9 a.m.-4 p.m.
713-745-8063

Pamphlets

The Facts About Supplements. American Institute for Cancer Research. 2008.
Talking About Complementary and Alternative Medicine With Health Care Providers: A Workbook and Tips. National Cancer Institute. 2013.
Thinking About Complementary & Alternative Medicine. National Cancer Institute. 2006.

Books

ABC of Complementary Medicine. Zollman C, Richardson J, Vickers A. WB 890 A134 2008.
Alternative Medicine Magazine's Definitive Guide to Cancer: An Integrative Approach to Prevention, Treatment and Healing. Alschuler L, Gazella K. QZ 200 A461a 2007.
American Cancer Society's Complete Guide to Complementary & Alternative Cancer Therapies. American Cancer Society. QZ 266 A513 2009.

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Anticancer: A New Way of Life. Servan-Schreiber D. QZ 200 S378 2009.
*Complementary and Integrative Medicine in Cancer Care and Prevention: Foundation and Evidence-Based Interventions. Micozzi M. QZ 266 C7374 2007.
*Complementary Oncology: Adjunctive Methods in the Treatment of Cancer. Beuth J, Moss R, Abel U. QZ 266 C7372 2006.
Definitive Guide to Cancer: An Integrative Approach to Prevention, Treatment and Healing. Alschuler L, Gazella K. QZ 200 A461d 2010.
*Fundamentals of Complementary and Alternative Medicine. Micozzi M. WB 890 F981 2011.
Healing Intelligence of Essential Oils: The Science of Advanced Aromatherapy. Schnaubelt K. WB 925 S357h 2011.
Healing Spices: How to Use 50 Everyday and Exotic Spices to Boost Health and Beat Disease. Aggarwal B, Yost D. QV 766 A266h 2011.
Herb-Drug Interactions in Oncology. Cassileth B, Lucarelli C. QV 38 C345h 2010.
*Integrating Conventional and Chinese Medicine in Cancer Care: A Clinical Guide. Lahans T. QZ 200 L183i 2007.
*Integrative Medicine. Rakel D. WB 890 I612 2007.
Integrative Medicine Clinic. The University of Texas MD Anderson Cancer Center. WB 890 I613 2008.
Integrative Oncology. Abrams D, Weil A. QZ 266 I613 2008.
*Integrative Oncology: Incorporating Complementary Medicine Into Conventional Cancer Care. Cohen L, Markman M. QZ 266 I614 2009.
*Integrative Oncology: Principles and Practice. Mumber M. QZ 266 I61 2006.
Life Over Cancer: The Block Center Program for Integrative Cancer Treatment. Block K. QZ 266 B651l 2009.
Mayo Clinic Book of Alternative Medicine. Mayo Clinic. WB 890 M473 2010.
*Mosby's Complementary & Alternative Medicine: A Research Based Approach. Freeman L. Ref WB 890 F855m 2009.
*Natural Standard Herb & Supplement Reference: Evidence-Based Clinical Reviews. Ulbricht C, Basch E. QV 766 N2852 2005.
*Nutrient-Drug Interactions. Meckling K. QV 38 N976 2007.
*PDR for Herbal Medicines. Gruenwald J. QV 766 P348 2004.
Plants That Fight Cancer. Kintzios S, Barberaki M. QZ 267 P714 2003.

Audio

Check our audio section for CDs covering relaxation, stress management, guided imagery, yoga, meditation and more.

Video

Cancer Care for the Whole Patient Experience With a Comprehensive Integrative Approach. Geffen J. QZ 266 DVD 4062.
Crazy Sexy Cancer. Karr C. QZ 200 DVD 4064.

*Indicates reference only (unavailable for check out)

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Evidence-Based Holistic Care of Tribulations and Trials. Katz D. WB 890 4019 DVD.
The Leading Nutritional Supplements With Potential in Cancer Care. Smith J. QZ 266 DVD 4036.
Targeting Inflammatory Pathways by Dietary Agents and by Traditional Chinese and Ayurvedic Medicine for the Prevention and Treatment of Cancer. Aggarwal B. QZ 266 DVD 4023.

Websites

The University of Texas MD Anderson Cancer Center Complementary/Integrative Medicine Education Resources
http://www.mdanderson.org/CIMER/
This site features evidence-based reviews of complementary and integrative cancer therapies and links to other authoritative resources. It helps patients and doctors evaluate complementary medicine, and where appropriate, help in the integration of these medicines and therapies with conventional treatments. Also, see the calendar of classes and other events offered at the MD Anderson Integrative Medicine Center.

National Center for Complementary and Alternative Medicine
http://nccam.nih.gov
This site includes information about complementary and alternative medicine for consumers, practitioners and investigators. NCCAM 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.

HerbMed®
http://www.herbmed.org
HerbMed is an interactive, herbal database that offers access to the scientific data underlying the use of herbs for health. It is an impartial, evidence-based information resource provided by the nonprofit Alternative Medicine Foundation, Inc. This public site provides access to the 20 most popular herbs.

WholeHealthMD
http://www.wholehealthmd.com
This site features information developed by a team of board-certified doctors and specialists. Resources include information about healing foods, supplements and the latest research on complementary and alternative medicine. Also handy is the listing of supplements and herbs, along with recipes, by condition.

Ask Dr. Weil
http://www.drweil.com
Andrew Weil, M.D., is a renowned doctor in the field of integrative medicine. His website promotes health care that integrates the body, mind and spirit.

USP Verified
http://www.uspverified.org

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The United States Pharmacopeia (USP) is an independent, science-based nonprofit organization that sets standards of quality for all prescription and over-the-counter medicines, dietary supplements and other health care products. USP verifies the ingredients, purity, integrity and potency of dietary supplements to promote patient safety.

Office of Dietary Supplements
http://ods.od.nih.gov
The mission of ODS is to strengthen knowledge and understanding of dietary supplements by evaluating scientific information, stimulating and supporting research, disseminating research results and educating the public to foster an enhanced quality of life and health for the U.S. population.

American Botanical Council
http://www.herbalgram.org
American Botanical Council is a nonprofit organization that gives evidence-based information on the safety and effective use of medicinal plants and phytomedicines.

American Cancer Society
http://www.cancer.org/
The American Cancer Society has evaluated the following complementary and alternative therapies on their website: mind, body and spirit; manual healing and physical touch; herbs, vitamins and minerals; diet and nutrition; pharmacological and biological treatment.

MEDLINEplus
http://www.medlineplus.gov
At this site, information is given on over 650 diseases and conditions. There is also a medical encyclopedia, medical dictionary and extensive information on prescription and nonprescription drugs, herbs and supplements.

Natural Medicines Comprehensive Database
http://www.mdanderson.org/education-and-research/resources-for-professionals/clinical-tools-and-resources/cimer/therapies/index.html
The Natural Medicines Comprehensive Database is a broad-based, interactive resource for information on herbs, dietary supplements, alternative systems of medicine, vitamin and mineral ingredients of currently available natural medicines and more.

National Cancer Institute
http://cancer.gov
This site includes information on treatment, clinical trials, prevention, genetics and causes, screening and testing, coping and statistics.

National Cancer Institute's Office of Cancer Complementary and Alternative Medicine
http://cam.cancer.gov
The National Cancer Institute also includes information on complementary and alternative medicine in cancer treatment and covers several specific topics on this subject.

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Natural Standard
http://www.naturalstandard.com/
Natural Standard was founded by health care providers and researchers to provide high-quality, evidence-based information about complementary and alternative medicine, including dietary supplements and integrative therapies. Grades reflect the level of available scientific data for or against the use of each therapy for a specific medical condition.

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