

Section V

Complementary and Spiritual Practices and Their Impact on Effective Care

Interest in complementary and spiritual practices and their impact on effective health care has been stimulated by establishment of the Office of Alternative Medicine (now the National Center for Complementary and Alternative Medicine), National Institutes of Health and by national consensus conferences, such as the 1997 conference announcing the effectiveness of acupuncture for some conditions. Increasing numbers of policies, reports, and publications are encouraging physicians to become more knowledgeable about practices used by their patients. These sources include references to the increasing evidence that (1) respectful communication about patient preferences and practices is crucial for adherence to biomedical treatment and (2) health care belief systems are critical to the patient's healing process.

At the same time, schools of medicine, nursing, and other health professions have added or are adding curriculum in areas such as mind/body interventions, nonbiomedical systems, diet and nutrition, bioelectromagnetic applications, manual healing techniques, and herbal medicines and remedies. The 1988 Liaison Committee for Medical Education survey found that acupuncture was covered by eight US medical schools as part of a required course, by six as a separate elective course, and by 12 as part of an elective course.

This increased activity parallels research results since the 1970s documenting the ways in which the biomedical approach is perceived as failing to adequately address personal and social concerns. Researchers and others have theorized that failure to address these concerns is part of the reason patients are increasingly using health care practices outside mainstream Western biomedicine. Patients may also choose to use complementary practices simply because they are part of their family or national background or because they believe such practices are less harmful than biomedicine.

The emphasis of managed care organizations on low-risk interventions, self-care, and prevention also appears to be boosting interest in and increasing access to nonbiomedical treatments. More clinics, group practices, and other settings are offering multiple modalities through an “integrative medicine” unit. Varied options for reimbursement are available as insurance companies and managed care plans incorporate complementary providers in their networks. This trend is likely to continue as mainstream publications, such as the November 1998 issues of *JAMA* and the *Archives* journals, report the results of clinical studies demonstrating the efficacy and cost-effectiveness of specific techniques.

Complementary Health Care Practices Defined and Exemplified

In this *Compendium*, the term “complementary” refers to interventions for improving, maintaining, and promoting health and well-being, preventing disease, or treating illnesses that are not part of a standard North American biomedical regimen of health care or disease prevention. The term “health care practices” is used instead of “medicine” because many widely used practices are not part of a medical system. Spirituality is included in this section because it is frequently included in books and articles on complementary practices.

Spiritual beliefs and practices are receiving increased attention in connection with “comfort care” and decision making at the end of life. Studies also suggest an association between spiritual practices and improved outcomes in nonterminal situations. Herbert Benson, MD, professor of medicine at Harvard Medical School and chief of the Division of Behavioral Medicine at Beth Israel Deaconess Medical Center, has declared that spiritual practices clearly complement traditional medicine and that “we should make every effort to incorporate our patient’s spirituality to promote healing” (Mark Moran, *AMNews*, April 12, 1999). Since 1997, the National Institute for Healthcare Research and the John Templeton Foundation have awarded grants to 19 medical schools to develop curricula in spirituality and medicine, beginning with \$25,000 grants to eight schools. More than 50 US medical schools now offer elective courses in spirituality. Opinions differ about whether to introduce a spiritual dimension into the clinical encounter; proponents argue that even a militant atheist should be able to identify resources to meet patients’ spiritual needs. But as reported by David Larson, MD, president of the National Institute for Healthcare Research, “nearly 90% of physicians do not address their patients’ spiritual needs” (*Minnesota Medicine*, December 1996).

With the growth of centers for spiritual care and healing and lunchtime lectures on spirituality, physician resistance to addressing patients’ spiritual needs may be weakening. Children’s Health Care in St. Paul, Minnesota, permits shamans for Hmong families, tribal elders for Native Americans, and food and rituals important to Hasidic Jewish families. The Catholic Health Association of Wisconsin has developed a 6-hour program, including a training manual used by more than a dozen major health care systems across the country. Information about the increase in programs on spirituality is presented at the Annual Alternative Therapies Symposium and Exposition, “Integrating Alternative and Spiritual Approaches in Healthcare,” with continuing medical education credits designated by the Annenberg Center for Health Sciences. “Spirituality, Cross-Cultural Issues and End of Life Care: Curricular Development,” sponsored annually since 1997 by the National Institute for Healthcare Research and the Association of American Medical Colleges, emphasizes the clinical relevance of patients’ belief systems and cultural backgrounds to treatment and care and the importance of integrating these patient factors in medical school curricula. Annual meetings of the American Public Health Association include many presentations related to spirituality and health care.

Representative Complementary Categories and Selected Practices

The following categories and selected practices are presented only to indicate the variety and inclusiveness of topics presented in the resources described in the following pages. The list does not include many widely used modalities. The list is not to be used to indicate any type of recognition or endorsement of any of the categories or selected practices by the American Medical Association. AMA policies related to alternative medicine and other alternative and complementary practices are included in Section X.

Some categories have similar entries. For example, spirituality is included as a mind/body intervention (prayer and mental healing) and as a nonbiomedical system (anthroposophic medicine).

Mind/Body Interventions

Aromatherapy
Art therapy
Biofeedback
Dance and movement therapy
Hypnosis
Imagery
Meditation
Music therapy
Prayer and mental healing
Qigong (t'ai chi chuan/chih)
Self-help and support groups
Yoga

Nonbiomedical Systems

Acupuncture
Anthroposophic medicine
Ayurveda
Latin American community health care
Native American health care
Homeopathy
Naturopathy
Traditional Oriental/Chinese medicine

Diet and Nutrition

Cultural diets

- Macrobiotic
- Mediterranean

- Traditional Native American
- Diet modification regimens
Supplemental therapies
- Amino acids
 - Minerals
 - Vitamins (eg, antioxidants)
 - Enzymes

Bioelectromagnetic Applications

Electroacupuncture
Neuromagnetic stimulation
Transcranial electrostimulation

Manual Healing Techniques

Biofield therapeutics

- Healing touch
- Polarity therapy
- Reiki
- SHEN physioemotional release therapy
- Therapeutic touch

Chiropractic
Massage & related techniques

- Deep tissue massage
- Manual lymph drainage
- Neuromuscular massage

Postural reeducation therapies

- Alexander technique
 - Feldenkrais method
- Pressure point therapies
Trager psychophysical integration
Sports massage

Herbal Medicines and Remedies

European botanical medicines
Latin American herbal remedies
Native American herbal agents
Oriental herbal agents
Chinese
Japanese-Kampo

Pharmacologic and Biologic Treatment Agents

Antineoplastons
Bee venom
Cartilage products
Ethylene diamine tetraacetic acid (EDTA) chelation therapy
Hoxsey method
Immunoaugmentive therapy
Ozone therapy

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A. Organizations

American Medical Association

515 N State St
Chicago, IL 60610

Contact

Hannah L. Hedrick, PhD
312 464-4697
312 464-5830 Fax
E-mail: hannah_hedrick@ama-assn.org
<http://www.ama-assn.org>

Policies

- H-295.902 Alternative Medicine*
- H-480.964 Alternative Medicine*
- H-480.967 Alternative Therapies for the Symptoms of Menopause*
- H-480-973 Unconventional Medical Care in the United States*

Reports and Publications

- Alternative Medicine*
Council on Scientific Affairs Report 12-A-97;
amended by Res. 525-A-98
- Alternative Therapies for the Symptoms of Menopause*
Council on Scientific Affairs Report 4-I-96
- Encouraging Medical Student Education on Alternative Health Care Practices*
Council on Medical Education Report 2-I-97
- Inclusion of Complementary Health Care Practices in the Medical Curriculum*
Council on Medical Education Report 2-I-98
- Unconventional Medical Care in the United States*
Board of Trustees Report 15-A-94

American Medical News

What Is the Role of Spirituality in Medicine?

Mark Moran
April 12, 1999

Reports that more than 50 U.S. medical schools now offer elective courses in spirituality, including 19 that have been awarded grants from the National Institute for Healthcare Research to develop curricula in spirituality and medicine. Describes the increasing number of studies suggesting an association between religious practice and health and quotes Herbert Benson, MD: "Spiritual practices clearly are a complement to traditional medicine, and we should make every effort to incorporate our patient's spirituality to promote healing." Points out that although opinions differ about how to address ethical issues surrounding the introduction of religion into the clinical encounter, proponents argue that even a militant atheist should be able to identify resources to meet patients' spiritual needs.

Special Theme Issues of *JAMA* and the Archives Journals

JAMA: Alternative Medicine
November 11, 1998, Vol 280, No 18
<http://www.ama-assn.org/jama>

This issue of *JAMA* and the annual coordinated theme issues of the nine AMA *Archives* journals published on alternative medicine (listed below) represent a planned, concerted effort by the editors to provide physicians and other health care professionals with clinically relevant, reliable, fresh scientific information on alternative therapies.

**Archives of Dermatology:
Alternative Medicine and Dermatology**
November 1998, Vol 134, No 11
<http://www.ama-assn.org/derm>

**Archives of Family Medicine:
Alternative/Complementary Medicine**
November/December 1998, Vol 7, No 6
<http://www.ama-assn.org/family>

Archives of General Psychiatry
November 1998, Vol 55, No 11
<http://www.ama-assn.org/psych>

**Archives of Internal Medicine:
Alternative and Complementary Medicine**
November 9, 1998, Vol 158, No 20
<http://www.ama-assn.org/internal>

**Archives of Neurology:
Alternative Neurology**
November 1998, Vol 55, No 11
<http://www.ama-assn.org/neuro>

Archives of Ophthalmology
November 1998, Vol 116, No 11
<http://www.ama-assn.org/opth>

**Archives of Otolaryngology—
Head and Neck Surgery**
November 1998, Vol 124, No 11
<http://www.ama-assn.org/oto>

Archives of Pediatrics and Adolescent Medicine
November 1998, Vol 152, No 11
<http://www.ama-assn.org/peds>

**Archives of Surgery:
Surgical Infection Society/Alternative Medicine**
November 1998, Vol 133, No 11
<http://www.ama-assn.org/surgery>

AiC Worldwide

29 W 35th St, 3rd Fl
New York, NY 10001
212 952-1899
800 409-4242
212 248-7374 Fax
<http://www.aic-usa.com>

Manages annual events with detailed “how to” sessions on integrating complementary practices within health care institution structures.

Integrating Alternative & Complementary Medicine with Conventional Medicine

An annual event promoted as an opportunity to learn how to “increase competitiveness and generate new revenue streams.” Includes detailed case studies of how well-established facilities have implemented alternative therapies, from integrated medicine clinics to outpatient alternative medicine clinics.

American Public Health Association (APHA)

1015 Fifteenth St NW
Washington DC 20005-2605
202 789-5600
202 789-5661 Fax
E-mail comments@apha.org
<http://www.apha.org>

Founded in 1872, the APHA is the largest organization of public health professionals in the world, representing more than 50,000 members and affiliates from over 50 public health occupations, including researchers, practitioners, administrators, educators, and health workers.

Units Addressing Complementary Practices and Spirituality

Alternative and Complementary Health Practices Special Primary Interest Group (ACHP SPIG)

Founded in 1994, the ACHP SPIG sponsors multiple sessions at the APHA annual meeting, focusing on topics such as Cross-Cultural Communication, Integrating and Synthesizing Alternative and Complementary Health Practices into Western Medical Practice, Attitudes of the Medical Community, Practicing and Teaching Alternative and Complementary Health Care, and Value of Outcomes Research to Assess Efficacy, Effectiveness, and Cost-effectiveness of Alternative Medicine.

Other Sections and Interest Groups

Other APHA sections and interest groups, such as those for Chiropractic Health Care, Community Health Planning and Policy Development, Food and Nutrition, International Health, Public Health Nursing, and Social Work, also consider issues related to cultural competence.

Publications

American Journal of Public Health

Monthly peer-reviewed journal that frequently addresses diversity issues, including those related to complementary practices and spirituality.

The Nation's Health

Reports on legislation and policy issues affecting all public health professionals.

Association of American Medical Colleges (AAMC)

2450 M St NW
Washington, DC 20037-1127
202 828-0412
202 828-0972 Fax
<http://www.aamc.org>

Alternative and Complementary Medicine Special Interest Group

Patricia A. Muehsam, MD
212 946-5700
E-mail: pm2@doc.mssm.edu

The AAMC Alternative and Complementary Medicine Special Interest Group (ACM SIG) has a current membership mailing list of more than 160 individuals. The ACM SIG is working in three areas:

- Practical steps for developing integrative curricula
- Networking within the AAMC
- Formalizing regional SIG activities

Developing Integrative Curricula

Sample proposed approaches include integrating alternative and complementary medicine principles into the following curriculum areas:

Undergraduate basic sciences

- Anatomy—Include surface anatomy relevant to osteopathy, acupuncture, massage, etc
- Pharmacology—Include botanical medicine, homeopathy, and biologic and pharmacologic approaches
- Behavioral medicine—Include mind-body approaches

Clinical and graduate medical education training

- Students rotate to other training institutions, eg, acupuncture, massage, naturopathy, chiropractic
- Students share rotations with complementary and alternative practitioners
- Students from complementary and alternative medicine training institutions rotate through undergraduate, clinical, and graduate medical education sites
- Involve “CAM” preceptors in clinical rounds

Sample proposed approaches for expanding the current curriculum include:

- Evaluating current curriculum for conceptual limits, ie, is the biomedical model incompatible with alternative and complementary practices?
- Developing an expansive integrative model that would facilitate interface between the biomedical model and complementary practices.
- Developing practical steps for expanding the concepts of self-care for physicians in training.
- Exposing medical students and residents to mind-body techniques, eg, stress-reduction, meditation, yoga.

Concurrent activities could include:

- Educating faculty in self-care practices, including those categorized as complementary and alternative.
- Interfacing with other interdisciplinary endeavors, such as cross-cultural studies and ethics.
- Involving students at all levels of planning and implementation.

Networking Within the AAMC

The ACM SIG considers networking within the AAMC as essential to meaningful endeavors in integrative curriculum approaches. The first SIG objective is to provide medical educators with information about complementary and alternative health care practices; to provide a greater historical, social, cultural, and scientific context for biomedicine; and to present the concept of integration as part of the broader context for Western medicine. Complementary and alternative practices are planned for inclusion in the AAMC Medical School Objectives Project, part 3 or 4.

Formalizing Regional Activities

The ACM SIG is working through regional interest groups, all AAMC organized units, student groups, list serves, and Web sites to communicate its objectives. Individuals have volunteered to convene regional SIGs, and regional meetings have had venues for addressing curriculum development.

Cedars-Sinai Integrative Medicine Medical Group

444 S San Vicente Blvd, #600
Los Angeles, CA 90048

Part of:
Cedars-Sinai Medical Center
8700 Beverly Blvd
Los Angeles, CA 90048
310 855-3674
Fax 310 657-9614

The Integrative Medicine Medical Group will offer the following services: acupuncture, massage, T'ai chi, traditional Chinese medicine, chiropractic, mind—body interventions, yoga, nutritional counseling, lifestyle modification

Center for Mind-Body Medicine

5225 Connecticut Ave NW, Ste 414
Washington, DC 20015
202 966-7338
<http://healthy.net/othersites/mindbody/center.htm>

The Center addresses the mental, emotional, social, spiritual, and physical dimensions of health and illness. It emphasizes the uniqueness of each person and the centrality of therapeutic partnerships. The Center is committed to the development of new models of care; to the education of medical students and those who teach them; and to service to the poor, children, the elderly, the chronically ill, and the institutionalized. The Center is involved in demonstrating the cost-effectiveness and universal appropriateness of mind-body medicine and in making it a shaping force in the current debate on health care reform. The Center's first annual conference, Comprehensive Cancer Care: Integrating Complementary and Alternative Therapies was held on June 12-14, 1998, in Arlington, VA. The second annual Comprehensive Cancer Care conference was held on June 11-13, 1999.

National Center for Complementary and Alternative Medicine

(formerly the Office of Alternative Medicine)

PO Box 8218
Silver Spring, MD 20907-8218
888 644-6226 (voice and TTY)
301 495-4957 Fax
<http://altmed.od.nih.gov/nccam/>

The National Center for Complementary and Alternative Medicine (NCCAM) of the National Institutes of Health conducts and support basic and applied research and training and disseminates information on complimentary and alternative medicine to practitioners and the public. The NCCAM is funded for approximately \$50 million per year to establish clinical data on outcomes for complementary medical treatments. More than a dozen coordinating clinical research centers are now operating, with each one counting 10 clinical intake sites.

Park Ridge Center for the Study of Health, Faith, and Ethics

211 E Ontario, Ste 800
Chicago, IL 60611-3215
312 266-2222
312 266-6086 fax

Contact

Bernice Chantos
312 266-2222 ext 255

The Park Ridge Center sponsors intensive courses on Spiritual Issues in Health Care.

Aging and Spirituality Program

The Park Ridge Center for the Study of Health, Faith, and Ethics has developed a program on “The Challenges of Aging: Retrieving Spiritual Traditions for the Elderly,” designed for those who work with the elderly in hospitals, nursing homes, home care settings, and congregations and for those interested in the spiritual possibilities of the aging process. Challenging contemporary cultural notions about aging, this program emphasizes using the wisdom of religious traditions to explore aging as a spiritual journey. The education packet consists of:

- Two 20-minute videos presenting spiritual aging through the observations of elderly people themselves
- *A Leader’s Guide* for those leading a study group
- *Participant’s Workbook* for following the leader and keeping a personal journal
- A handbook with historical and scriptural background on the perspectives of Christianity, Judaism, Islam, Buddhism, and Hinduism on the meaning and purpose of aging.

Spirituality in Health Care

The Park Ridge Center conducted a workshop to address the following questions of practitioners and patients:

- How does a patient’s spirituality enter into his or her experience of sickness and health?
- What role does the spirituality of health care practitioners play in their medical responsibilities?
- How are the resources of spiritual traditions made available to patients and practitioners?

A book on *Spirituality in Healthcare Settings*, by John Shea, is forthcoming.

T’ai Chi Chih Center

3107 Eubank NE Ste 19
Scottsdale Village
Albuquerque, NM 78111
505 299-2095
<http://www.taichichih.org>

The national headquarters for an easy-to-learn form of t’ai chi originated in 1974 by Justin Stone, the center offers classes, Justin Stone’s *Joy Through Movement* video and book, and instructional and practice video for Seijaku (an advanced form based on t’ai chi chih). Also has information about the videotapes created in conjunction with the PBS t’ai chi chih program that is still being aired throughout the country. Described as “meditation in motion,” t’ai chi chih has been found to improve balance, reduce the risk of falls, reduce stress, and improve muscle tone. It is taught widely in health care institutions, self-help groups for survivors of life-threatening illnesses, retirement centers, recreation centers for older adults of persons with disabilities, educational institutions from grade school through college, prisons, and recreation programs sponsored by the YMCA and park districts. The Folsom prison program has introduced more than 400 inmates to t’ai chi chih and has been credited with breaking down barriers between inmates from different ethnic and racial backgrounds.

B. Educational Institutions

American College for Advancement in Medicine

23121 Verdugo Dr/Ste 242
Laguna Hills, CA 92653
714 583-7666

Courses include Nutritional Intervention in Cancer Prevention and Treatment: Shifting the Paradigm.

Case Western Reserve University School of Medicine

10900 Euclid Ave
Cleveland, OH 44106-4915
216 368-2825

Offers continuing physician professional development courses at various locations, especially in homeopathy (core curriculum and for physicians).

Harvard Medical School

Department of Continuing Education
Harvard MED-CME
Box 825
Boston, MA 02117-0825
617 432-1525
617 432 1562 Fax
www.med.harvard.edu/conted/
www.bdmc.harvard.edu/medicine/camr/projects.html

Beth Israel Deaconess Medical Center, Harvard Medical School, is one of 12 research centers funded by the National Institutes of Health National Center for Complementary and Alternative Medicine. The Center has a number of ongoing complementary and alternative therapies projects, including a clinical trial on low back pain, a survey of complementary

medicine providers around the country, and a survey of use among cancer patients.

In exploring the relationship between spirituality and healing in medicine, the courses:

- give perspectives from world religions
- present the neurological and psychological effects of healing resulting from spirituality
- explore similarities and differences among long-standing religious practices from objective scientific research as well as from subjective points of view

Data on spirituality and healing and the power and biology of belief are discussed.

The “relaxation response” is presented as effective therapy for diseases such as hypertension, cardiac rhythm irregularities, many forms of chronic pain, insomnia, infertility, the symptoms of cancer and AIDS, premenstrual syndrome, anxiety, and mild and moderate depression.

Courses include:

- Alternative Medicine: Implications for Clinical Practice
- Clinical Training in Mind/Body Medicine
- Mind/Body Training in Optimism, Humor and Cognitive Restructuring
- Spirituality and Healing in Medicine

Mount Sinai School of Medicine of the City University of New York

One Gustave L Levy Pl
New York, NY 10029-6574
212 946-5700

Courses include:

- Integrative Approaches to Health Care: A Survey Course in CAM
- Integrative Approaches in Clinical Practice
- Integrating Clinical Experience in Oriental Medicine

Rush-Presbyterian-St. Luke's Medical Center

Department of Family Medicine
600 S Paulina/Rm 764 AF
Chicago, IL 60612
312 942-7083

Offerings include mind/body medicine.

University of Arizona

PO Box 245018
Tucson, AZ 85724-5018
520 626-6214

In addition to the residency program on integrative medicine, the University of Arizona features conferences on Integrative Medicine: Integrating Conventional and Alternative Medicine.

University of California, Los Angeles School of Medicine

Office of Continuing Medical Education
10833 Le Conte Ave, 12-138 CHS
Los Angeles, CA 90024-1722
310 825-6373; 310 206-5046 Fax

Courses include Acupuncture for Physicians.

University of Vermont College of Medicine

Given E-109 Bldg
Burlington, VT 05405
802 656-2292
802 656-8577 Fax
E-mail: frymoyer@salus.med.uvm.edu

Courses include The Scientific Basis for Using Holistic Medicine to Treat Chronic Disease.

West Chester University

School of Health Sciences
Department of Health
West Chester, PA 19383
610 436-2300

Courses include:

Transcultural Health: Principles and Practices Roger Mustalich, 610 436-2101

- Provides an overview of the role of culture in health and sickness
- Addresses the influence of culture on the health status of individuals and societies
- Presents the role of culture in access and use of health care in the United States and other nations
- Considers special issues, such as women's health, mental health, and alternative medicine

- Highlights how beliefs and values stemming from one's culture can affect the provision and use of health care services

Alternative Medicine

Betty Boyle, 610 436-3357

- Explores alternative and/or complementary medical systems and practices in the United States from a consumer and personal viewpoint
- Investigates such topics as homeopathy, chiropractic, acupuncture, naturopathy, hands-on healing, herbal medicine in terms of health and medical, legal, and social issues

C. Health Care Providers and Insurers

Complementary Healthcare Plans (CHP)

Richard Brinkley
President and CEO
5319 SW Westgate Dr, Ste 130
Portland, OR 97221-2430
503 203-8333 or 800 449-9479
503 203-8522 Fax
E-mail: inquiries@comphcplans.com
<http://www.chiro-net.com>

Complementary Healthcare Plans (CHP), a Portland-based preferred provider organization, is the exclusive contractor for complementary medical services in Oregon and Southwest Washington state for PacifiCare, Regence Blue Cross and Blue Shield of Oregon, Kaiser Foundation Health Plan of the Northwest, and Providence Health Plans. The CHP provides chiropractic, acupuncture, and naturopathic services, including acupuncture services to 18,000 of PacifiCare of Oregon's 138,000 commercial members.

According to President Brinkley, the CHP exceeds National Committee for Quality Assurance (NCQA) standards, putting its providers through five credentialing steps (primary source verification of professionals credentials, site visits to office to check against NCQA, an economic profile, a general practice profile, and a practitioner questionnaire) and sending them periodic comparative utilization reports highlighting inconsistencies.

Lifestyle Center of America

Route 1, Box 4001
Sulphur, OK 73086
800 213-8955 or 405 993-2327
<http://www.lifestylecenter.com>

Uses a comprehensive lifestyle approach to control chronic diseases that have their origins in the way people live. The Center's programs, all physician-supervised, focus on physical, mental, and spiritual health. After medical evaluations, health guests receive individual programs incorporating health lectures, nutritional guidance, therapeutic exercise, hydrotherapy, massage, stress management, and counseling. Most health guests choose the 19-day extended intervention program. Three-day diabetes education seminars are also available. Smokers are offered a weeklong smoking cessation program.

PacificCare Health Systems of Oregon, Southwest Washington

Offers members chiropractic, acupuncture, and naturopathic services for employer premiums of approximately \$6.50 per member per month and a patient copay of either \$10 per visit/\$1,500 cap or \$15 per visit/\$2,500 cap.

Sloans Lake Managed Care

1355 S Colorado Blvd, Ste 902
Denver, CO 80222
303 691-2200

The Sloans Lake Health Plan HMO has developed a “Spiritual Care” program designed to address the emotional issues surrounding a person’s illness or ailment. Patients accessing the program are counseled on emotional issues within a spiritual or religious context. The program provides counseling and direction in those areas not covered under a mental health program, even though many of the practitioners of this field can perform a broader set of services.

The program focuses on:

- Spiritual direction/guidance and development
- Short-term crisis intervention (bereavement counseling, religious injury counseling, marriage and family counseling for terminal illness, and other issues)
- Direction to community resources

The program allows for six visits per year with a \$10 co-pay per visit.

D. Publications

Books

***Alternative Remedies:
CD-ROM***

Steve Blake
St. Louis, MO: Mosby, 1998

Describes when and how natural remedies are recommended worldwide in the treatment of more than 5,700 medical conditions, from asthma to yellow fever. Includes more than 1,200 supplements, over 1,000 supplement actions, over 6,600 herb names, and over 15,000 chemical and organic constituents. Search by health condition, action, continent, or name. Biochemistry, dosages, and warnings are cross-referenced for products from vitamins to Chinese and Ayurvedic herbs.

***Alternative Therapies: Expanding
Options in Health Care***

Rena J. Gordon, Barbara Cable Nienstedts,
Wilbert M. Gesler
Springer Publishing Co, 1998
536 Broadway
New York, NY 10012-3955

Contributions from specialists from a wide diversity of academic disciplines, including geography, anthropology, engineering, health economics, public policy, public administration, epidemiology, and marketing, give this book a multi-layer view of the alternative medicine movement. While describing the history, present status, principles, research, and clinical applications of specific treatment modalities, this book also provides the cultural, social, demographic, political, economic, and legal implications of alternative therapies. Of particular relevance to physicians are “The Changing Medical Marketplace,” “Social and Cultural Aspects of Alternative Therapies,” “Biomedical Physicians Practicing Holistic Medicine,” and “Medical Education: Changes and Responses.”

***The American Holistic Health
Association Complete Guide
to Alternative Medicine***

William Collinge
Warner Books, 1996
1271 Avenue of the Americas
New York, NY 10020

Provides an overview of eight major complementary and alternative health care practices. Case examples of each are designed to help readers decide which might suit their needs and how to use them with conventional medicine. Evidence of scientific support, strengths and limitations, and guidelines for selecting a practitioner are included for each approach. Readers are cautioned against using the remedies on their own and are advised to consult their health care professionals. Included are concrete data on procedures and principles for:

- Chinese medicine
- Ayurveda
- Naturopathic medicine
- Mind/body medicine
- Osteopathic medicine
- Chiropractic
- Massage therapy and bodywork

***Celebrating Diversity: Approaching
Families Through Their Food***

National Center for Education in Maternal and Child Health, 1994

Provides information on how specific foods mean different things in different cultures. Health promotion can be greatly enhanced when health care professionals are aware of the significance of food and preparation by their patients. Many cultural groups use foods as medicine or to promote health, and included is a chart with examples of medicinal uses of food by various ethnic groups.

***Complementary & Alternative Medicine:
Legal Boundaries and Regulatory
Perspectives***

Michael Cohen
Johns Hopkins University Press, 1998

Concise summation of the history and current status of the legal underpinnings of complementary and alternative medicine. Covers areas of regulation, scope of practice, informed consent, and malpractice and describes some of the alternative providers and treatments. Includes case studies and related literature. Cohen advocates for regulating providers of complementary treatments in a way that protects patients yet preserves freedom of choice.

***Complementary/Alternative Medicine:
An Evidence-Based Approach***

John Spencer and Joseph Jacobs, eds.
(33 contributors)
St. Louis, MO: Mosby, 1998

Extensive review of trials performed on a number of popular alternative treatments and other tools to assess their effectiveness. Organized by major medical disciplines (allergies/asthma, cardiovascular disease, diabetes mellitus, cancer, neurological disorders, psychiatric illness, and alcohol and addictions) and populations (women, children, the elderly).

Encounters With Qi

David Eisenberg, Thomas Lee Wright
Viking Penguin, 1985
40 W 23rd St
New York, NY 10010

David Eisenberg, MD, learned acupuncture, massage, and herbal techniques as the first US medical exchange student to the People's Republic of China, where he worked beside his teachers in Chinese clinics. Dr. Eisenberg is director of Harvard's undergraduate and continuing medical education programs on alternative medicine and director of the Center for Alternative Medical Research, established to assess the efficacy, safety, and cost-effectiveness of alternative medicine.

He has published two landmark surveys on alternative medicine use in the United States and is

a member of the US National Institutes of Health Alternative Medicine Program Advisory Council. In addition, he served as principal consultant to the PBS series, "Healing and the Mind with Bill Moyers." Dr. Eisenberg's *Encounters with Qi* was one of the first books by a physician recounting his personal benefits from "energy medicine."

The book explores how—and if—acupuncture, herbal remedies, and psychic healing actually work effectively as medical treatments. Dr. Eisenberg probes the mysteries of ancient Chinese skills with skepticism and open-mindedness. The book discusses how techniques thousands of years old compare with the West's modern views of healing ailments, relieving pain, and curing disease. It also indicates new frontiers for the interrelation of Chinese and Western medicine. The readable style includes case histories, human interest, dialogue, and local color.

***Encyclopedia of Complementary
Health Practices***

Carolyn Chambers Clark, ed.
Springer Publishing Co, 1999

Encyclopedia of Natural Remedies

C. Norman Shealy
Element Books, 1993
160 N Washington St
Boston, MA 02114

C. Norman Shealy, a neurosurgeon, is the founder of the American Holistic Medical Association and director of the Shealy Institute in Springfield, Missouri, a center for health care and pain and stress management. *Natural Remedies* covers natural remedies from eight complementary and alternative health practices:

- Ayurveda
- Chinese herbal medicine
- Traditional home and folk remedies
- Herbalism
- Aromatherapy
- Homeopathy
- Flower remedies
- Vitamins and minerals

The book describes the techniques and practice of each therapy and lists the remedy sources they use, the ailments they treat, and the effects they have been reported to have on health and well-being. It also includes a long list of common ailments and more than 1,000 natural remedies and treatments, as well as a glossary and a comprehensive list of useful addresses and contacts. Illustrated in full color throughout.

The Encyclopedia of Alternative Medicine

Jennifer Jacobs
Journey Editions, 1996
153 Milk St
Boston, MA 02109

Describes the innate self-healing capacity of the body, called “chi” in Chinese medicine and the “vital force” in homeopathic medicine. This ability of the body to heal itself was first recognized by the Greek physician Hippocrates as *vis medicatrix naturae*. Dr. Jacobs contends that this healing energy can be stimulated and enhanced, either directly through therapies such as homeopathy and acupuncture, or indirectly through such practices as nutrition and herbs.

The book includes information on the origins, techniques, safety, practical application, and typical visits for a number of modalities that have not been extensively covered in other publications, including chapters on Natural Healing, The Power of Plants, Nutrition and Diet, Mobility and Posture, The Mind, Massage and Touch, and Eastern Therapies.

Facing Death: Where Culture, Religion, and Medicine Meet

HM Spiro et al, eds.
Yale University Press, 1996

Covers many of the controversial issues surrounding death, such as issues of death in the gay world, euthanasia, hospice care, dignity of dying, and death as a medical proprietorship.

The Four Pillars of Healing

Leo Galland
New York: Random House, 1997

Healing and the Mind

Bill Moyers
Bantam Doubleday Dell, 1993
666 Fifth Ave
New York, NY 10103

This companion volume to the PBS series from journalist Bill Moyers and David Grubin explores the healing connections between the mind and the body. Bill Moyers spoke with physicians, scientists, therapists, and patients about the meaning of sickness and health. In a series of interviews, he discusses their search for answers to how emotions translate into chemicals in our bodies, how thoughts and feelings influence health, and how we can collaborate with our bodies to encourage healing. Small private clinics and large public hospitals are examined for how they apply advances in mind/body medicine.

The case studies from neonatal care to geriatrics and from day surgery to the treatment of chronic illness describe the experiences of medical professionals practicing the “new medicine.” They found that their patients healed faster, left the hospital sooner, and did better once they got home. A segment on the People’s Republic of China explores implications of that country’s fusion of Western practices with traditional Chinese medicine, including acupuncture, massage, herbal potions, and “chi.”

Healing Traditions: Alternative Medicine and the Health Professions

BB O’Connor
University of Pennsylvania Press, 1995

***Holistic Health Promotion
and Complementary Therapies:
A Resource for Integrated Practice***

Aspen Publishers
7201 McKinney Circle
Frederick, MD 21704
800 234-1660

A practical manual that shows how to incorporate holistic and complementary therapies into a traditional medical practice. Contains step-by-step guidelines and ready-to-use tools on topics including relaxation, meditation, and guided imagery; manual healing methods; spirituality-focused interventions; homeopathy; herbal medicine; and acupuncture. Also includes relationship-centered care and communication, including culturally relevant interventions and models on integrating patient spirituality into health care.

Foundations gives a concise overview of essential concepts and terminology and sets out the major components of the integrative approach.

Modalities presents the rationale for a variety of complementary techniques and cites research studies supporting their efficacy and appropriateness. Provides many protocols, guidelines, and examples for implementing the modalities.

Applications explores options and presents tools for implementing the integrative approach according to specific conditions, patient groups, and types of care settings.

Integrative Practice Development offers insights and protocols for program planning and design, including detailed descriptions of integrative initiatives across the country.

Relationship-Centered Care contains a section which includes an example of how the biomedical methods of diagnosing and treating a disease process compare with those of other health belief systems. It also includes direction for promoting wellness through culturally relevant interventions in the areas of communication, family and kinship networks, and access to and acceptance of interventions.

***Medical Acupuncture: A Western
Scientific Approach***

J Filshie, A White, eds.
Churchill Livingstone, 1998

Twenty active medical acupuncture practitioners from the United States, the United Kingdom, and Europe provide a comprehensive introduction to acupuncture and its practical medical applications.

***Practical Reviews: Complementary
and Alternative Medicine***

Oakstone Medical Publishing
6801 Cahaba Valley Rd
Birmingham AL 35242
800 633-4743
205 995-1926 Fax

Audiotape reviews articles on evidence-based approaches to complementary and alternative medicine from 53 medical publications, including those for family physicians, obstetricians and gynecologists, clinical nutritionists, sports medicine, endocrinology and metabolism, pediatrics, and reproductive medicine. Also covers *JAMA*, *Lancet*, *the New England Journal of Medicine*, the *British Medical Journal*, and the major alternative medicine publications.

Each audiotape includes 12-15 summarized articles, along with expert commentary and critiques and self-assessment quizzes. Each tape also has a corresponding pocket-size abstract card reviewing the materials on the tape and including citation and reprint information. The QuickFlash Review Cards come with a color-tabbed filing system for review or sharing.

The subscription price includes the option for up to 36 hours of AMA PRA category 1 credit through the Albert Einstein College of Medicine and the American Holistic Medical Association for completing monthly quizzes.

Radical Healing: Integrating the World's Great Therapeutic Traditions to Create a New Transformative Medicine

Rudolph Ballentine
Harmony Books, 1999
201 East 50th St
New York, NY 10022

Radical Healing blends the primary holistic schools of healing, allowing readers to understand their common elements. Drawing on 30 years of medical study and practice, Dr. Ballentine integrates the wisdom of the great traditional healing systems (especially Ayurveda, homeopathy, traditional Chinese medicine, and European and Native American herbology) with nutrition, psychotherapy, and bodywork. *Radical Healing* covers the spectrum from plants, natural substances, diet, exercise, and cleansing to principles of spiritual and psychological interventions. Includes case studies and examples.

Societal Forces Reshaping American Medicine: Implications for Internal Medicine and the Board

ABIM Report, 1997-1998

Selected presentations from the 1997 American Board of Internal Medicine Summer Conference address issues on cultural competence, including complementary care and a multicultural society. Has a 77-item bibliography centered on the significance of disparities in care to nonmajority populations.

Stories That Heal: Kitchen Table Wisdom

Rachel Naomi Remen
Riverhead Books, New York, 1996

The Way of Qigong: The Art and Science of Chinese Energy Healing

Kenneth S. Cohen
New York: Ballantine Books, 1997

World Medicine: The East West Guide to Healing Your Body

Tom Monte and the editors of *EastWest Natural Health*
New York: Tarcher/Putnam, 1993

Journals, Newsletters, and Articles

Alternative and Complementary Therapies: An Agenda for Otolaryngology

John H. Krouse

Archives of Otolaryngology - Head and Neck Surgery, Nov 1998;124:1199

Available electronically on PTS Newsletter Database/Information Access Company
800 321-6388

Reports on issues such as which practices are covered by the nation's largest HMOs, insurer/provider fee schedules and capitation, summaries of state activities, and arrangements for discounts between insurance companies and pharmacies.

Alternative and Complementary Therapies

Mary Ann Liebert

2 Madison Ave

Larchmont, NY 10538

914 834-3100

800-M-LIEBERT

<http://www.liebertpub.com>

Alternative Therapies in Health and Medicine

American Association of Critical-Care Nurses

101 Columbia

Aliso Viejo, CA 92656

800 899-1712

Intended for health care practitioners. The "Web Watch" section in *Alternative and Complementary Therapies* provides regular updates on electronic resources related to complementary and alternative health care practices.

The bimonthly *Alternative Therapies in Health and Medicine*, which is indexed in *Index Medicus* and *Medline*, provides a forum for developing and sharing information about alternative therapies in preventing and treating disease, healing illness, and promoting health. It publishes a variety of methods, including scientific research, and encourages the integration of alternative therapies with conventional medical practices.

Alternative Health Practitioner: The Journal of Complementary and Natural Care

Springer Publishing

536 Broadway

New York, NY 10012

Complementary Medicine in the Surgical Wards

Mehmet C. Oz, GC Whitworth, EH Liu

JAMA, 1998;279:710-711

Alternative Medicine and the Conventional Practitioner

Wayne Jonas

JAMA, 1998;279:708-709

Courses Involving Complementary and Alternative Medicine at US Medical Schools

MS Wetzel, DM Eisenberg, TJ Kaptchuk

JAMA, 1998;280(9):784-787

Succinct description of major issues and summary of research conducted by the National Center for Complementary and Alternative Medicine.

Alternative Medicine Business News

Atlantic Information Services

1100 17th St NW, Ste 300

Washington DC

202 775-9008 or 800 521-4323

www.aispub.com

Creating a Spirituality Curriculum for Family Practice Residents

HD Silverman

Alternative Therapies in Health and Medicine, 1997;3:54-61

Cultural Diversity, Folk Medicine, and Alternative Medicine

DJ Hufford
Alternative Therapies in Health and Medicine,
1997;3:78-80

Cultural Influences in “Noncompliant” Behavior and Decision Making

CV Charonko
Holistic Nursing Practice, 1992;6:73-78

Cultural Perspectives on Mental Health

M Kohl
Alternative & Complementary Therapies, 1998
Aug; 4(4):236-240

Culture and Clinical Care: Folk Illness Beliefs and Behaviors and Their Implications for Health Care Delivery

LM Pachter
JAMA, 1994;271(9):690-694

Current Trends in the Integration and Reimbursement of Complementary and Alternative Medicine by Managed Care, Insurance Carriers, and Hospital Providers

Kenneth Pelletier, Ariane Marie, et al
American Journal of Health Promotion
November/December 1997, Vol 12, No.2, 112-122

Based on a literature review and information search, telephone interviews were conducted with a definitive sample of 18 insurers and a representative subsample of seven hospitals. A majority of the insurers interviewed offered some coverage for nutrition counseling, biofeedback, psychotherapy, acupuncture, preventive medicine, chiropractic, osteopathy, and physical therapy. Twelve insurers reported that market demand was their primary motivation for coverage. Factors determining whether insurers offered coverage included potential cost-effectiveness based on consumer interest, demonstrable clinical efficacy, and state mandates. Contains a table summarizing treatments offered by four health care institutions.

Evaluating the Alternatives

JH Lin
JAMA, 1998;279:706

Federation Bulletin: The Journal of Medical Licensure and Discipline

Federation Place
400 Fuller Wiser Rd, Ste 300
Eules, TX 76039-3855
Vol 84, No 3, 1997

Articles in the 1997 issue of the quarterly journal of the Federation of State Medical Boards include:

- The National Institutes of Health Office of Alternative Medicine
- The Role of Alternative Medicine
- Report of the Special Committee on Health Care Fraud
- Alternative/Complementary Medicine: Keeping Tabs on the Legislative Record

Folk Medical Beliefs and Their Implications for Care of Patients: A Review Based on Studies Among Black Americans

LF Snow
Annals of Internal Medicine, 1974;81:82-96

The Healing Power of Spirituality

Katie Colon
Minnesota Medicine, December 1996

Reports the 1996 finding by David Larson, MD, president of the National Institute for Healthcare Research, that in spite of mounting evidence of a positive link between a patient’s spirituality and the ability to recover or cope with illness, “nearly 90% of physicians do not address their patients’ spiritual needs.”

Homeopathy: Another Tool in the Bag

MA Johnson
JAMA, 1998;279:707

Integrated Chinese/Western Therapies in the Treatment of Cancer, Part 1

Irene Serenson

Alternative & Complementary Therapies

December 1997; 3(6):441-446.

Uses some of the most recently published traditional Chinese medicine sources on the treatment of cancer that recommend an integrated approach, comparing the treatments afforded by both modalities and attempting to highlight how and when each modality excels in its particular treatment of cancer.

The Integrative Medicine Consult: The Essential Guide to Integrating Conventional and Complementary Medicine

43 Bowdoin St

Boston, MA 02114

617 720-4080

<http://www.onemedicine.com>

Seventeen annual issues

The January 1, 1999, issue contained a two-page Special Report on "Highlights from *JAMA*'s Alternative Medicine Issue," referring to it as "an impressive compilation of studies, editorial perspectives, and other presentations."

Integrative Medicine: Integrating Conventional & Alternative Medicine

Elsevier Science

PO Box 945

New York, NY 10159-0945

888 437-4636

<http://www.elsevier.com/locate/intmed>

Peer-reviewed quarterly journal integrates the concepts and techniques of a wide variety of health care practices.

Introducing Students to the Role of Folk and Popular Health Belief Systems in Patient Care

HL Rubenstein, JD Bonnie, B O'Connor, et al

Acad Med, 1992;67:566-568

Journal of Alternative and Complementary Medicine: Research on Paradigm, Practice, and Policy

Mary Ann Liebert

2 Madison Ave

Larchmont, NY 10538

800 M-LIEBERT

This peer-reviewed journal for research in nontraditional medical therapies includes observational and analytical reports to assess the therapeutic value of therapies outside the realm of conventional medicine. It covers current concepts in clinical care, including case reports, for physicians and other health care professionals seeking to evaluate and integrate these therapies into patient care protocols. Aims to establish rigorous research methodologies to support effective and reliable measurement, data collection, and analysis.

MD Programs in the United States with Complementary and Alternative Medicine Education: An Ongoing Listing

Bhaswati Bhattacharya

J Alternative and Complementary Med, 1998;

4(3):325-335.

Native American Medicine: Traditional Healing

C Avery

JAMA, 1991;265:2271-2273

Pediatricians' Experience With and Attitudes Toward Complementary/Alternative Medicine (CAM)

Anju Sikand, Marilyn Laken

Arch Pediatr Adolesc Med, Nov 1998;Vol 152:1059

A majority of pediatricians sampled believed a small percentage of their patients were seeking alternatives to conventional medicine. Half of the pediatricians would consider referring patients for CAM, and most were interested in CME courses on CAM. Larger studies surveying pediatricians, along with more education and research on CAM therapies, were recommended.

The Philosophical, Cultural, and Historical Aspects of Complementary, Alternative, Unconventional, and Integrative Medicine in the Old World

Oumeish Youssef Aoumeish

Arch Dermatol, Nov 1998; 134:1373-1386

The author reports that complementary medicine is a formal method of health care in most countries of the Old World and is expected to become integrated in the modern medical system and to be part of medical education programs. He believes that issues of efficacy and safety of complementary medicine have become increasingly important, that supervision of the techniques and procedures used is required, and that more research studies are needed to understand and use this type of medicine.

Prevalence and Patterns of Physician Referral to Clergy and Pastoral Care Providers

Timothy P. Daaleman, Bruce Frey

Arch Fam Med, Nov/Dec 1998; 7:548-553

More than 80% of physicians responding to a survey reported that they refer or recommend their patients to clergy and pastoral care providers, with more than 30% reporting that they refer more than 10 times a year. Most physicians—75.5%—chose conditions associated with end-of-life care (ie, bereavement, terminal illness) as reasons for referral. Marital and family counseling were cited by 72.8%. Physicians who reported a greater degree of religiosity had a small increased tendency to refer to these providers. In addition, physicians who were in practice for more than 15 years were more likely to refer to clergy.

Religion and Spirituality in Medicine: Research and Education

JS Levin, DB Larson, CM Puchalski

JAMA, 1997; 278:792-793

Tapping the Soul's Healing Potential: An Interview With Carlos Warter

Anne H. Coulter

Alternative & Complementary Therapies
Sept/Oct 1996; Vol 2, No 5:283-287

According to the author, a number of physician alternative practitioners who have emphasized the importance of spirituality in healing, including Larry Dossey, Deepak Chopra, and Andrew Weil, have published widely and are beginning to be acknowledged within mainstream medicine. Carlos Warter believes that healing, in any tradition, can be facilitated by reestablishing individual connection with the soul (the self or animus) that is the center of wellness. He has developed an 11-step patient-interviewing technique to help physicians integrate spiritual considerations in their practice.

Trends in Alternative Medicine Use in the United States, 1990-1997

DM Eisenberg, et al

JAMA, Nov 11, 1998; Vol 280, No 18:1569-1575

A survey conducted by the authors confirmed that alternative medicine use and expenditures have increased dramatically from 1990 to 1997. The authors advise federal agencies, corporations, foundations, and academic institutions to become more proactive about implementing clinical and basic science research; developing relevant educational curricula, credentialing, and referral guidelines; improving quality control of dietary supplements; and establishing postmarket surveillance of drug-herb (and drug-supplement) interactions. Includes 29 references.

Understanding the Mourner's Spiritual Needs: A Guide for Caregivers

Alan D. Wolfelt

Centerpiece, Spring 1999; 1-2

Presents grief as “the ultimate spiritual struggle” because it challenges people to question the meaning of life and the possibilities for life after death. Advises bereavement caregivers to gather information to form a religious-spiritual understanding of clients, maintaining an attitude of empathy, respect, and nonjudgment at all times.

Questions include:

- Can you help me understand how faith or spirituality is a part of your life?

- Do you have a specific clergy person or spiritual guide you turn to for support?
- What spiritual practices are important to you?
- What religious or spiritual symbols are important to you?
- Is there anything that would help me better understand your religious/spiritual needs?

Bereavement caregivers are advised to write out a plan for integrating a religious-spiritual care plan into the care of the bereaved person.

Use of Native American Healers Among Native American Patients in An Urban Native American Health Center

AM Marbella, MC Harris, S Diehr, G Ignace
Department of Family and Community Medicine
Medical College of Wisconsin
Arch Fam Med 1998; 7:182-185

Reports the results of semistructured interviews at an urban Indian Health Service Clinic in Milwaukee, Wisconsin, of a convenience sample of 150 patients. The authors found that 38% of the patients see a healer, and of those who do not, 86% would consider seeing one in the future. Most patients report seeing a healer for spiritual reasons. More than one third of the patients seeing healers received different advice from their physicians and healers. The patients rate their healer's advice higher than their physician's advice 61.4% of the time. Only 14.8% of the patients seeing healers tell their physicians about this activity. The authors conclude that physicians should be aware that their Native American patients may be using alternative forms of treatment.

Use of Traditional Health Practices by Southeast Asian Refugees in a Primary Care Clinic

D Buchwald, S Panwala, TM Hooton
Western Journal of Medicine, 1992;156:507-511

Why Patients Use Alternative Medicine: Results of a National Study

John A. Astin
JAMA, May 20, 1998; Vol 279, No 19:1548-1553

The author reports that along with being well educated and reporting poor health status, the majority of alternative medicine users appear to be doing so largely because they find these health care alternatives to be more congruent with their own values, beliefs, and philosophical orientations toward health and life than conventional medicine.

Women's Health: Alternative Medicine Report

Mary Ann Liebert
2 Madison Ave
Larchmont, NY 10538

Audiotapes

The Way of Chi Kung

Ken Cohen
Sounds True Audio
735 Walnut St
Boulder, CO 80302
303 449-6229

For more than 2,000 years, *chi kung* has been a cornerstone of traditional Chinese healing. This noninvasive, preventive healing system is viewed by millions of Chinese as a way of mastering the energy—the *chi*—that permeates all of nature and humanity. Ken Cohen's *The Way of Chi Kung* consists of 5 audiotapes covering *chi kung* theory and practice, including 25 meditation exercises with specific instructions for breathing, postures, and visualizations.

E. Web Sites

Alternative Medicine Connection

<http://arxc.com/arxchome.htm>

Alternative Medicine Digest

<http://www.alternativemedicine.com>

Alzheimer's Web Home Page

<http://dsmallpc2.path.unimelb.edu.au/ad.html>

American Academy of Pain Management

<http://www.aapainmanage.org>

American Association of Naturopathic Physicians

<http://www.aanp.com>

American Association of Oriental Medicine

<http://www.aaom.org>

American Chiropractic Association

<http://www.amerchiro.org>

American Holistic Health Association

<http://www.healthworld.com/ahha>

American Holistic Nurses Association

<http://www.ahna.org>

American Massage Therapy Association

<http://www.amtamassage.org>

American Oriental Bodywork Therapy Association

<http://www.healthy.net/pan/pa/bodywork/index.html>

American Polarity Therapy Association

<http://www.polaritytherapy.org>

Ask Dr. Weil

<http://cgi.pathfinder.com/drweil>

Organized by keywords relating to diseases and treatments

Botanical Medicine Resources

http://cpmcnet.columbia.edu/dept/rosenthal/About_RHRC.html

Center for Complementary and Alternative (CAM) Research in Women's Health

http://cpmcnet.columbia.edu/dept/rosenthal/welcome_women.html

Feldenkrais-Somatic Options Home Page

<http://www.somatic.com>

HealthWorld Online

<http://www.healthy.net/womenshealth>

Lifestyle Center of America

<http://www.lifestylecenter.com>

The Mining Company: Women's Health—Alternative Medicine Net Links

<http://altmedicine.miningco.com/msub9.htm>

Links to a collection of articles on alternative approaches to a range of women's health problems

National Women's Health Resource Center

<http://www.healthywomen.org>

Physician's Association for Anthroposophical Medicine

<http://www.healthy.net/pan/pa/paam/index.html>

Qigong Institute Database

<http://www.healthy.net/qigonginstitute/database.htm>

Bibliography of articles, many from China, on qigong and antiaging and on qigong and cancer.

Wellness Web Women's Health Center

<http://www.wellweb.com/women/women.htm>

WorldWide Wellness

<http://www.wholeliving.com>

