

ATS Integrative Therapies Interest Group WEBSITES FOR INTEGRATIVE THERAPY

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General Websites

1. [Naturalmedicinesdatabase.com](http://naturalmedicinesdatabase.com) **Natural Medicines Comprehensive Database.** *Provides the largest number of evidence-based reviews. Authors are primarily doctors of pharmacy. Includes scientific names, uses, safety, effectiveness, mechanism of action, adverse reactions, interactions, and dosage. Requires log-in or subscription.*
2. <https://nccih.nih.gov> **National Center for Complementary and Integrative Health.** The US government's lead agency for scientific research on Complementary therapies. The NCCIH mission is to define, through rigorous scientific investigation, the usefulness and safety of complementary interventions and their roles in improving health and health care. Includes review of scientific evidence for usefulness, toxicities and precautions.
3. www.cancer.gov/cam **National Cancer Institute (NCI) Office of Cancer Complementary and Alternative Medicine.** Provides information on some topics of complementary and integrative anti-oxidant, supplements, yoga, and Ayurveda as adjunct to specific cancers. Limited information regarding Lung cancer. Recruiting studies and accepting grants.
4. www.mskcc.org/aboutherbs **Memorial Sloan-Kettering Cancer Center.** Led by an oncology-trained pharmacist and a botanical expert. Excellent site with references and A-Z searchable database specific to herbs. Includes contraindications and herb-drug interactions which is good ref. for any clinician.
5. <https://www.mdanderson.org/research/departments-labs-institutes/programs-centers/integrative-medicine-program/conferences-events.html> **The University of Texas MD Anderson Cancer Center.** Provides some assessments of the background and evidence for complementary/integrative medicine. Also provides purchased lecture series.
6. **National Heart, Lung, and Blood Institute** (<https://www.nhlbi.nih.gov>) NHLBI provides science-based, plain-language information related to heart, lung, and blood diseases and conditions and sleep disorders.

Research & Informational Websites

1. https://www.ncbi.nlm.nih.gov/pubmed?&orig_db=PubMed&cmd_current=Limits&pmfilter_Subsets=Complementary%20Medicine. Complementary Medicine on **PubMed**, a database on the Web developed jointly by NCCIH and the National Library of Medicine, offers citations to (and in most cases, abstracts of) articles in scientifically based, peer-reviewed journals on complementary and alternative medicine. It contains 220,000 citations, has links to full text, and allows searchers to limit retrievals by publication type.
2. <http://isharonline.org/> An initiative of the CHOPRA Foundation with the science and in-depth summaries behind many complementary and integrative therapies.
3. <https://www.tapintegrative.org> This is a resource with evidence-based reviews, clinical tips and pearls and expert interviews.
4. **Health Canada** <https://www.canada.ca/en/health-canada.html> <https://www.canada.ca/en/health-canada/services/drugs-health-products/natural-non-prescription/applications-submissions/online-solution/ingredients-database.html> The Canadian government regulates natural health products in Canada licensing products with proof of safety and efficacy. This is a very helpful site that lists products licensed in Canada and has helpful monographs.
5. **Linus Pauling Institute at Oregon State University** <https://lpi.oregonstate.edu> Fantastic resource for learning the latest on vitamins, minerals and some herbs. Reliable, current and free to use. The Micronutrient Information Center (<https://lpi.oregonstate.edu/mic>) has a wealth of information. Can look up which supplements might be beneficial for a specific health condition.
6. **The Environmental Working Group** (www.ewg.org) This is a go to website for environmental information. This group brings the Clean Fifteen and Dirty Dozen list of foods each year based upon

pesticide residue. Lots of information and tips for reducing exposure to endocrine disruptors in your skin care products, cookware, etc.

Diet Information Websites

1. **The Nutrition Source – Harvard School of Public Health**
<https://www.hsph.harvard.edu/nutritionsource/> This is a great website for keeping up-to-date with nutritional science. The Nutrition A to Z and the Nutrition in the News sections are filled with great information.
2. **Oldways (A Mediterranean Diet)** <https://oldwayspt.org> Good information about the Mediterranean diet, as well as traditional food pyramids. Oldways is the widely-respected non-profit “food issues think tank” credited with successfully translating the complex details of nutrition science into the familiar language of food. It is best known for developing consumer-friendly health-promotion tools, including the well-known Mediterranean Diet Pyramid.
3. **Blue Ocean Institute** <http://safinacenter.org/programs/sustainable-seafood-program/> Great website to learn about how to make healthy and sustainable seafood choices.
4. **National Water-Quality Assessment (NAWQA) Program** <https://water.usgs.gov/nawqa/mercury/> The NAWQA Program is studying mercury cycling in watersheds across the Nation to build an understanding of how natural features and human activities affect the transformation, transport, and bioaccumulation of mercury in stream ecosystems.
5. **Dr. Low Dog’s Nutrition Prescription Pyramid**
https://drlowdog.com/Assets/pdf_files/drlowog_nutrition_prescription_pyramid. Nutrition needs based on the all the studies Dr. Low Dog has reviewed and her personal experience with “Real People”.

Additional Websites

1. **Academy of Integrative Health and Medicine – Fellowship Program**
<https://www.aihm.org/page/fellowship> This two-year fellowship is the first integrative interdisciplinary program in the world committed to training teams of medical doctors, dentists, pharmacists, nursing professionals, physician’s assistants, dietitians, acupuncturists, naturopathic and chiropractic physicians in integrative health and medicine.
2. **Arizona Center for Integrative Medicine** <https://integrativemedicine.arizona.edu/alumni.html> Find an Integrative Medicine Practitioner near you that has taken the Fellowship program from the Arizona Center for Integrative Medicine.
3. **Consumer Labs** <https://www.consumerlab.com> This group reports the results of independent quality testing on dietary supplements. It provides very useful information for the consumer not only on quality testing but also on product recalls, FDA warnings, etc.
4. **The People’s Pharmacy** <https://www.peoplespharmacy.com> Joe & Terry Graedon have created a resource for up-to-date information for living a healthy life.
5. **HerbalGram** <http://abc.herbalgram.org/site/> A journal that reports both science-based and traditional information on the uses of botanical medicines.