

Phone & Internet Resources for Cancer Survivors applying **INTEGRATIVE HEALTHCARE PRACTICES**

- American Holistic Health Association** www.ahha.org 714-779-6152
Dedicated to connecting individuals with vital wellness solutions and promoting holistic principles in medical practice: honoring mind, body & spirit, encouraging people to actively participate in their own health/care.
- American Institute for Cancer Research (AICR)** www.aicr.org 800-843-8114
Nutrition information. Connects you with a registered dietician
- MD Anderson – Center for Integrative Medicine** www.mdanderson.org/departments/cimer
Contains evidence-based reviews of complementary or alternative medicine as well as links to other authoritative resources. **M.D. Anderson Information Line** answers your questions about their programs, services and treatments: 800-392-1611, option #3
- The Center for Mind-Body Medicine** www.cmbm.org 202-966-7338
Washington, DC: A non-profit educational organization dedicated to reviving the spirit and transforming the practice of medicine.
- Consumer Labs (CL)** www.consumerlab.com
Independently tests the content of over-the-counter health and nutrition products for quality. This site includes a Natural Product Encyclopedia, lab results, recalls and warnings, and where to buy products (i.e. Sam's, Costco, NatureMade). Individual subscriptions are very affordable: \$24/year or \$39/2 years.
- For Healers.com** www.forhealers.com
A unique place where both consumers and practitioners can find reliable, evidence-based information about integrative and complementary medicine.
- Memorial Sloan-Kettering Cancer Center** www.mskcc.org/aboutherbs 212-639-2000
Provides research-based info re: herbs, botanicals & other products
- National Center for Complementary & Alternative Medicine (NCCAM)** 888-644-6226
A Dept. of National Institute of Health (NIH) email: info@nccam.nih.gov www.nccam.nih.gov
Dedicated to exploring complementary and alternative healing practices in the context of rigorous science, training CAM researchers, and disseminating authoritative information.
- Natural Medicines Comprehensive Database** www.naturaldatabase.com 209- 472-2244
Website says it's the "Scientific gold standard for evidence-based, clinical information on Natural Medicines." Reviews thousands of natural medicines and provides daily updates, product effectiveness checker, product/drug interaction checker, handouts, safety ratings, etc. Monthly to 3-year membership required.
CE credits free for subscribers, \$92/year.
- The Natural Standard** (complete access requires membership) www.naturalstandard.com
The authority on Integrative Medicine: herb/supplements & complementary therapies. Provides objective, reliable, evidence-based information that aids clinicians, patients, and healthcare institutions to make more informed and safer therapeutic decisions. Also, utilized by Mayo Clinic & MD Anderson.
- Office of Cancer Complementary & Alternative Medicine (OCCAM), NCI** 301-435-7980
www3.cancer.gov/occam CAM Fact Sheets & Surveys of research and practitioners
- Quackwatch: Your Guide to Health Fraud and Quackery** www.quackwatch.org
- Whole Health MD** www.wholehealthMD.com
Dedicated to providing the best in complementary and alternative medicine. All information about supplements & therapies is developed by a team of leading board-certified doctors and specialists.
- (NOTE: These resources do not represent a complete list of available references & are not officially endorsed by any one organization. Please advise of any errors or updates.)*