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     www.naturalstandard.com
(complete access requires membership)
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.)