

# Learn more about Integrative Medicine

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Integrative medicine looks at the whole person. It focuses on the relationship between practitioner and patient, is informed by evidence, and combines the best of conventional Western medicine along with alternative and complementary medicine.

## Websites

[Aurora.org/Services/Integrative-Medicine/Index.asp](http://Aurora.org/Services/Integrative-Medicine/Index.asp) *Aurora Health Care's* website includes introductory information on herbs and supplements, homeopathy and health conditions that may benefit from complementary, alternative and integrative therapies. Included is a link to information on integrative medicine services and programs offered throughout Aurora Health Care, such as massage, acupuncture, reiki, aromatherapy and more.

[nccam.nih.gov](http://nccam.nih.gov) The *National Center for Complementary and Alternative Medicine (NCCAM)* is one of the National Institutes of Health and is dedicated to exploring integrative healing practices through rigorous science and clinical trials. Find results of this research by health condition, disease or therapy. Learn questions to ask to be informed and even search for a practitioner.

[integrativemedicine.arizona.edu/resources.html](http://integrativemedicine.arizona.edu/resources.html) The *Arizona Center for Integrative Medicine*, a leader in the emerging field of integrative medicine, includes many patient handouts on their website. You'll find natural tips for sleep, pain management, general health, nutrition and information on many different diets, such as the anti-inflammatory diet.

[fammed.wisc.edu/integrative/modules#patient\\_handouts](http://fammed.wisc.edu/integrative/modules#patient_handouts) *The UW-Madison School of Family Medicine* has a robust integrative medicine practice. In addition to diet, nutrition, fertility and ayurveda, their patient handouts include mind-body techniques such as mindful eating, healing through forgiveness, self-hypnosis and breathing techniques.

## Local resources

*Aurora Health Care* (888-863-5502; [integrativemedicine@aurora.org](mailto:integrativemedicine@aurora.org)) offers chiropractic care, acupuncture, massage therapy and health awareness consultations and products.

Your *Aurora librarian* can send you information from the pharmacist-recommended Natural Medicines Comprehensive Database and other reputable resources (**free** of charge). Aurora Libraries include those at: Aurora St. Luke's Medical Center - 414-649-7356; Aurora Sinai Medical Center - 414-219-6710; Aurora West Allis Medical Center - 414-328-7910; Aurora BayCare Medical Center - 920-288-3058; Aurora Medical Center in Oshkosh - 920-456-7039; Aurora Medical Center in Summit - 262-4341070 and Aurora Medical Center in Grafton - 262-329-1025. Or email us at [aurora.libraries@aurora.org](mailto:aurora.libraries@aurora.org).

## Books and DVDs

*9,000 Needles* directed by Doug Dearth, Bigfoot Films, 2010. 83 minutes: DVD, \$16.99. When 40-year-old businessman and bodybuilder Devin Dearth has a devastating stroke, he soon reaches insurance coverage limits. This documentary film follows Devin and his family as they seek treatment in Tianjin, China, where acupuncture is part of the Chinese way of healing.

*Escape Fire: The Fight to Rescue American Healthcare* directed by Susan Froemke and Matthew Heineman, Lionsgate, 2013. 95 minutes: DVD, \$19.98. This award-winning documentary investigates our U.S. healthcare system designed to profit from disease not health, reward quantity over quality, and promote high-tech over high-touch. Meet those working to transform healthcare at the highest levels of medicine, industry, government and the U.S. military.

*Integrative Strategies for Cancer Patients: A Practical Resource for Managing the Side Effects of Cancer Therapy* by Elena Ladas, MS, RD, and Kara Kelly, MD, World Scientific, 2012, ISBN 978-98143-13230, \$39.00. Learn options for managing the most common side effects patients with cancer face. Included is advice on yoga to manage shortness of breath, acupressure points to reduce nausea, aromatherapy to decrease feelings of nausea and anxiety and more.

*Mayo Clinic Book of Alternative Medicine*, Time, 2nd edition, 2010, ISBN 978-16032-08369, \$25.95. This revised edition uses a red light/green light rating system to evaluate treatments. Mayo Clinic provides answers to the most pressing questions people have about the effectiveness of complementary and alternative medicine and when it's appropriate to use natural remedies in place of or in conjunction with traditional medicine.

*Spontaneous Happiness* by Andrew Weil, MD, Little, Brown and Company, 2011, ISBN 978-03161-29442, \$27.99. Integrative medicine honors the connection between mind, body and spirit. This book presents integrative treatment strategies for low mood and depression; offers advice on lifestyle, behavior, and dietary changes; and helps readers assess their own emotional wellness and build personalized plans to manage their moods.

*Books on this topic are available for checkout from Aurora Libraries and may be available at your public library.*