Talking About CAM:
Where's the evidence on complementary & alternative medicine?

Do sports drinks containing creatine enhance athletic performance? Does wearing magnets relieve pain? Do echinacea supplements prevent colds? How safe are they?

For answers to these and similar questions, try these Library resources:

**Natural Standard** - “the authority on integrative medicine” - provides evidence-based, peer-reviewed, consensus-driven information on foods, herbs & supplements, health & wellness activities, medical conditions, interactions, and more. Uses a graded evidence system.

**Natural Medicines Comprehensive Database** - “unbiased, scientific clinical information on complementary, alternative and integrative therapies” - includes natural products effectiveness checker, natural product/drug interaction search, alternative treatment modalities monographs, and more. Based on evidence, each product and treatment is graded for effectiveness and safety. Access both databases from Library homepage - “Databases by Title” - “N”.

**The Gale Encyclopedia of Alternative Medicine** is a comprehensive multi-volume set with editions in the reference departments at both campus Libraries under call number WB 890 G1514.

Check it out (literally)!
Our new full skeletons are available to check out for in-library use at the Circulation Desks at both Campus Libraries!