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.

Interlibrary Loan News!

Looking for more resources? Let the Library help you access more through Interlibrary Loan’s ILLiad.

ILLiad lets you:
- create a personal account
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From Library homepage www.une.edu/library - click “Borrowing” - “ILLiad”

Staff Pick

Brought to you by Beth Dyer
Reference & Instruction Librarian, Portland

Abraham Verghese is a physician and author whose first fiction *Cutting for Stone* is an extraordinary, sweeping novel that follows twin brothers Shiva and Marion across decades and continents. Born in Ethiopia to an English surgeon and an Indian nun who dies in childbirth, the boys are raised by doctors at a mission hospital. Themes of separation, love, medicine, and political turmoil permeate the story, backed by well-developed characters and rich settings. Both boys become physicians; Shiva staying in Ethiopia and Marion practicing in New York City. As novelist John Irving states, "The medical detail is stunning, but it never overwhelms the humane and narrative aspects of this moving and ambitious novel." Masterfully written, this riveting story is the best book I’ve read this year!

Available at the Library

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!