

## Wellness and Alternative Medicine

### Finding Books and Other Materials Using the VSC Library Catalog

Use *Library of Congress Subject Headings* including, but not limited to:

Alternative medicine	Massage therapy
Botany, Medical	Materia medica, Vegetable
Herbs--Therapeutic use	Medicinal plants
Holistic medicine	Naturopathy
Medicine, Chinese	

### Selected Reference Sources

#### *Encyclopedias and Dictionaries*

##### Print

*The Alternative Health & Medicine Encyclopedia* (1995) **R/615.53/M362a**

*The Dictionary of Alternative Medicine* (1998) **R/615.503/Se37d**

*Encyclopedia of Human Nutrition* **R/613.203/En19/2005/4 vols.**

*Encyclopedia of Native American Healing* (1996) **R/615.88/L995e**

*Encyclopedia of Obesity* (2008) **R/362.196398 En19/2 vols.**

*Encyclopedia of Popular Herbs* **R/615.321/M124e/2000**

##### Online

Our Library subscription to the *Health and Wellness Resource Center with Alternative Health Module* provides full text of the latest editions of numerous reference sources to include *The Gale Encyclopedia of Alternative Medicine*, *The Gale Encyclopedia of Medicine* and *The PDR for Herbal Medicines*.

#### *Handbooks and Guides*

*The Alternative Medicine Handbook* (1998) **R/615.5/C273a**

*Complete Food & Nutrition Guide* (American Dietetic Association) **R/613.2/D958a/2006**

*The Complete Medicinal Herbal* **R/615.321/Od9c/1993**

*A Handbook of Chinese Healing Herbs* (1995) **R/615.321/R272h**

*The One Earth Herbal Sourcebook* (2001) **R/615.321/T467o**

*Principles & Practices of Naturopathic Clinical Nutrition* **R/615.535/P947p/2008**

### Databases and Indexes

Search these databases from the FIND ARTICLES tab on the Library home page.

**Agricola** <http://agricola.nal.usda.gov/>

Produced by the National Agricultural Library since 1970, this database is the foremost indexing service of United States agriculture and life sciences information, to include technical reports, software, books, and the journal literature. This is a citation database. There is no full text online.

**Health & Wellness Resource Center with Alternative Health Module**

Online encyclopedias, dictionaries, indexing of thousands of journals, magazines, and pamphlets are included in our subscription. The refereed journal *Alternative Medicine Review* is available in full text. The *Scientific Review of Alternative Medicine* and the *American Journal of Chinese Medicine* are indexed in the database but do not contain full text of the articles.

***Health Source: Nursing/Academic Edition***

The literature of the allied health sciences and rehabilitation medicine is well represented in this database. Approximately 50 percent of the journals indexed are available in full text and include titles such as the *Journal of Alternative and Complementary Medicine*, *Journal of Wellness Perspectives*, *Journal of Manual and Manipulative Therapy*, and *Physical Therapy*.

***Medline***

Developed by the National Library of Medicine, *Medline* is the online equivalent of *Index Medicus* and numerous indexes in the biomedical fields. The system also allows for limiting to a subset, *Complementary Medicine*. For precision searching, use the Medical Subject Heading (MeSH) *Complementary Therapies* to retrieve citations to articles and information on alternative therapies in medicine.

***PsycINFO***

The online version of *Psychological Abstracts* provides indexing from 1887--. Book chapters, dissertations and, of course, journals are indexed in the foremost database for research in psychology and related fields. The *PsycInfo* database is useful for researching topics in behavioral modification techniques and alternative therapies such as biofeedback and hypnotherapy. There is full text linking to the *Psychology and Behavioral Sciences Collection* for approximately 500 journal titles.

***Science Full Text Select***

This database contains full text of several peer reviewed journals: *American Family Physician*; *American Journal of Epidemiology*; *American Journal of Public Health*; *Nutrition Today and Medicine and Science in Sports and Exercise*.