

Research Guides



NATURAL HEALING

ADULT REFERENCE – 1ST FLOOR

Gale Encyclopedia of Alternative Medicine - R 615.5 Gal

A four-volume set that is a one-stop source for alternative medical information that covers complementary therapies, herbs and remedies, and common medical diseases and conditions.

ADULT NONFICTION – 3RD FLOOR

The Essential Herbal for Natural Health – 615.321 Bel

An introduction to herbal healing for beginners focuses on thirteen foundation herbs while explaining how to prepare hundreds of simple and effective home treatments for common conditions, including stomach aches, anxiety, and dry skin.

Vinegar Socks: Traditional Home Remedies for Modern Living – 615.321 Ber

Discover the amazing healing properties of nature's abundance and find drug-free relief with these invaluable at-home solutions.

The People's Pharmacy Quick & Handy Home Remedies – 615.321 Gra

A guide to healing foods and home remedies reported to and verified by Joe and Terry Graedon, including their carefully researched responses on how and why such treatments work.

Do You Believe in Magic?: The Sense and Nonsense of Alternative Medicine - 615.5 Off

Reveals how even though some popular therapies are helpful due to the placebo response, many of them are ineffective and expensive.

Healthy at Home: Get Well and Stay Well Without Prescriptions – 615.535 Low

Get the how, when, and why of getting better and staying well with homemade remedies. Helps you take charge of health care guided by a physician expert in natural healing, herbal medicine, and home remedies.

Cured by Nature: How to Heal from the Inside Out... - 615.535 Mac

The author shares her own experiences with stress and anxiety and how, after quitting her prescription medications, she has managed to live happily with the help of herbal remedies, breathing exercises, and mind-strengthening techniques.

Cure: A Journey into the Science of Mind Over Body – 616.8914 Mar

A rigorous, skeptical, deeply reported look at the new science behind the mind's extraordinary ability to heal the body.

FINDING BOOKS AND OTHER LIBRARY MATERIALS

Dewey Decimal browsing numbers: 615.5 – 615.8

In addition to reference books, you may want to search for other books and materials (videos, audiobooks, etc.) on your topic. You can access the Library catalog from the Library or from home by going to www.wtpl.org. A good subject search is **health, holistic medicine, or alternative medicine**.

EBOOKS

Visit **EBSCOhost** (www.wtpl.org/research) or <https://wtpl.overdrive.com> to search the thousands of eBooks the Library has to offer. Library card required. Contact an Adult Services Librarian for additional details.

ARTICLES

The following sources can be used to find magazine articles dealing with your topic:

- **EBSCOhost and General OneFile** - Access from the Library or at home using your library card number at www.wtpl.org. Search for full-text articles in these online databases using your choice of keywords. You can limit the search to a certain year or even a certain magazine.

WEB SITES

MedlinePlus Complementary and Alternative Medicine: The latest news, research, statistics and helpful links from the US National Library of Medicine and the National Institutes of Health. www.medlineplus.gov/complementaryandintegrativemedicine.html

National Center for Complementary and Alternative Medicine: The NCCAM, 1 of the 27 institutes and centers that make up the National Institutes of Health (NIH), supports rigorous research on complementary and alternative medicine, trains researchers, and disseminates information to the public and professionals www.nccam.nih.gov

North American Society of Homeopaths: NASH is the professional organization for the practice of homeopathic medicine (a method of treatment based on a theory known as the “Law of Similars,” which is a notion that the substance that caused a symptom can, in minuscule amounts, cure the symptom.) Also includes a practitioner finding feature.

www.homeopathy.org

(See also The National Center for Homeopathy: www.homeopathic.org)

Earth Clinic: Lists of ailments with information and recommendations on homeopathic treatments along with user comments on each one. This site also includes many articles and even natural medicine ideas for your pets. www.earthclinic.com

Yoga Journal: Online articles, tips, poses, ask an expert, health, wisdom and much more from one of the leading magazines on yoga. www.yogajournal.com

For additional information, please see an Adult Services Librarian.