Natural Medicine Resources

Complementary and Integrative Medicine (MedlinePlus.gov)
https://medlineplus.gov/complementaryandintegrativemedicine.html

Meditation
https://nccih.nih.gov/health/meditation

National Center for Complementary and Integrative Health
https://nccih.nih.gov/

Tai Chi: an introduction
https://nccih.nih.gov/health/taichi/introduction.htm

Yoga for health: an introduction
https://nccih.nih.gov/health/yoga/introduction.htm

Librarians are also able to do customized searches for you on our subscription databases (not available on our public website).

Contact the library for more information. There are no fees for any library services.

April 2019
Books


Body into balance: how to use herbs and natural medicine to achieve your optimal health? Maria Noel Groves 92016)


Cure: a journey into the science of mind over body / Jo Marchant. (2016)

Heal yourself with qigong: gentle practices to increase energy, restore health, and relax the mind / Suzanne B. Friedman. (2009)

A doctor's guide to alternative medicine: what works, what doesn't, and why / Mel Borins, MD. (2014)

Integrative men's health / Myles D. Spar. (2014)


Mind over meds: know when drugs are necessary, when alternatives are better – and when to let your body heal on its own / Andrew Weil (2017)


A simple plan: alternative medicine made easy / colleen C. Badell (2006)

Understanding the messages of your body: how to interpret physical and emotional signals to achieve optimal health / Jean-Pierre Barral. (2007)

Wherever you go, there you are: mindfulness meditation in everyday life / Jon Kabat-Zinn. (2005)

The woman's handbook of healing herbs: a guide to natural remedies / Deb Soule. (2011)

CDs & DVDs

Gentle Yoga: a place to begin. (2016)

Mindfulness meditation for pain relief [CD]: guided practices for reclaiming your body and your life / Jon Kabat-Zinn. (2010)

Tai chi for beginners. (2002)