

Web Sites

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.

Library Materials

- Renew for 4 weeks, unless needed by another library user
- Receive information by e-mail or mail
- At no cost to you

Contact Us

La Crosse (608) 775-5995
East Building (608) 775-1186

(800) 362-9567, ext. 55995
mooneylibrary@gundersenhealth.org

Visit us online at
gundersenhealth.org/libraries

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Natural Medicine Resources

John & Nettie Mooney Libraries

Gundersen Lutheran Medical Center, Inc.
Gundersen Clinic, Ltd.
Gundersen Boscobel Area Hospital and Clinics
Gundersen Moundview Hospital and Clinics
Gundersen Palmer Lutheran Hospital and Clinics
Gundersen St. Joseph's Hospital and Clinics
Gundersen Tri-County Hospital and Clinics

GUNDERSEN
HEALTH SYSTEM®

Books

The anatomy of hope: how people prevail in the face of illness / Jerome Groopman. (2004)

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

Born a healer / Chunyi Lin. (2003)

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)

Mayo Clinic book of alternative medicine: the new approach to using the best of natural therapies and conventional medicine / Karen Wallevand. (2007)

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)

Natural health, natural medicine: the complete guide to wellness and self-care for optimum health / Andrew Weil. (2004)

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)