

Yoga : path to holistic health

by B.K.S. Iyengar

613.7046 IV95YR

One of the world's leading yoga teachers offers detailed instructions for postures of all levels of difficulty and helpful explanations of their health benefits.

Web Sites

The Alternative Medicine Homepage

<http://www.pitt.edu/~cbw/altm.html>

A jumpstation for sources of information on unconventional, unorthodox, unproven, or alternative, complementary, innovative, integrative Therapies.

Holistic Healing Page

<http://www.holisticmed.com>

Provide links to websites related to holistic healing.

National Center for Complementary and Alternative Medicine (NCCAM)

<http://nccam.nih.gov>

NCCAM advocates for quality science, rigorous and relevant research, and open and objective inquiry into which CAM practices work, which do not and why. Its overriding mission is to give the American public reliable information about the safety and effectiveness of CAM practices.

Quackwatch

<http://www.quackwatch.com>

Quackwatch, Inc. is a nonprofit corporation whose purpose is to combat health-related frauds, myths, fads, and fallacies. Its primary focus is on quackery-related information that is difficult or impossible to get elsewhere.

HerbMed

<http://www.herbmed.org>

An interactive, electronic database providing access to scientific data underlying the use of herbs for health.

Alternative Medicine Foundation

<http://www.amfoundation.org>

The Foundation's mission is to provide responsible and reliable information about alternative medicine to the public and health professionals.

Guide to Complementary & Alternative Medicine

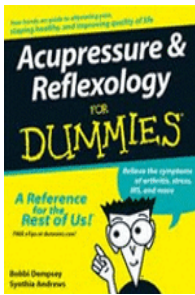


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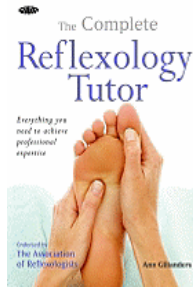
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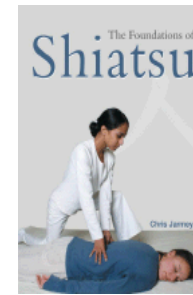
Acupressure & reflexology for dummies

by Synthia Andrews and Bobbi Dempsey.
615.822 AN275A
Features healing routines and illustrations to help you ease your aches and find relief through the power of touch.



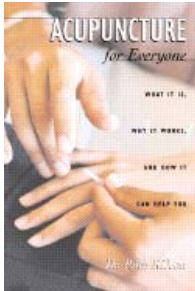
The complete reflexology tutor : everything you need to achieve professional expertise

by Ann Gillanders
615.8224 G411C
This all-encompassing guide is packed with tips on everything from mastering the very basics to setting up your own practice.



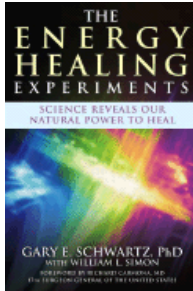
The foundations of shiatsu

by Chris Jarney
615.8 J29F
Shiatsu works by stimulating the body's vital energy flow in order to promote good health. The practitioner uses palms, thumbs and fingers, elbows, and even knees and feet to apply pressure and stretching to the energy lines or "meridians."



Acupuncture for Everyone: what it is, why it works, and how it can help you

by Ruth Kidson
615.892 K541A
Provides a clear understanding of how acupuncturists make their diagnoses, offers advice on how to find a good practitioner and shows what to expect from consultation and treatment.



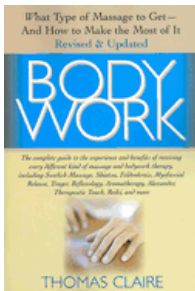
The energy healing experiments : science reveals our natural power to heal

by Gary E. Schwartz
615.53 SCH954E
The author tells stories of marvelous healings and uses experiments to confirm that the human body is a bundle of energy that can be healed by another such bundle of energy.



The new rules of posture : how to sit, stand, and move in the modern world

by Mary Bond.
613.78 B64N
A manual for understanding the anatomical and emotional components of posture in order to heal chronic pain



Bodywork: what type of massage to get and how to make the most of it

by Thomas Claire
615.8 C525B2
This complete guide to a wide range of therapeutic practices, from deep muscle to gentle touch, presents the theory, benefits, contraindications and practitioner training for each technique and explains how to evaluate practitioners and where to check their credentials.



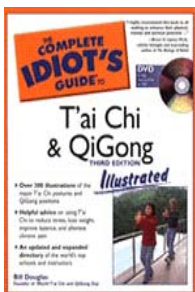
Energy medicine for women : aligning your body's energies to boost your health and vitality

by Donna Eden
613.04244 ED28E
Eden shows women how they can work with their own energy to strengthen their immune, circulatory, lymphatic, and respiratory systems to promote health, vitality, and inner peace.



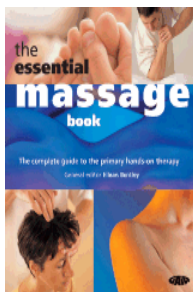
Trick or treatment : the undeniable facts about alternative medicine

by Simon Singh
615.5 SI646T
Singh and British professor of complementary medicine Edzard Ernst examine thirty of the most popular treatments—acupuncture, homeopathy, aromatherapy, reflexology, chiropractic, and herbal medicines—for their benefits and potential dangers.



Complete Idiot's Guide to T'ai Chi and QiGong

by Bill Douglas
613.7148 D745C2
The most popular form of exercise in the world, T'ai Chi can slow the aging process, increase balance and flexibility, lower stress levels, and enhance the body's natural healing powers.



The Essential Massage Book: the complete guide to the primary hands-on therapy

by Eilean Bentley
615.822 ES742
This fully illustrated guide gathers the most effective techniques from all the different systems in one easy-to-use volume.



Recapture Your Health: a step-by-step program to reverse chronic symptoms and create lasting wellness

by Walt Stoll
613 ST686R
Presents an empowering, easy-to-follow health-improvement protocol called the 3LS Wellness Program. This combination of unique relaxation, diet and exercise techniques can reverse chronic conditions, heal degenerative diseases, improve lifestyle conditions and help you achieve a state of vibrant health.