

COMFORT THE BODY, LIFT THE SPIRIT

It's a huge order to fill the prescription above, especially when it comes to someone with a chronic illness. The very drugs that save lives often create their own problems, or perhaps there's no drug available. Many patients with chronic disease acknowledge their losses, seek medical intervention, then embark on a journey to find balance, meaning and the best health possible within their new reality.

Some myositis patients see practitioners of a variety of disciplines grouped loosely under the heading of complementary and alternative medicine (CAM); some work with their specialists and family doctors on nutrition, exercise and relaxation; and some study some of these disciplines on their own. CAM is simply a classification that describes healthcare approaches currently not considered to be standard medical practice, including yoga, meditation, massage, tai chi, acupuncture and herbal preparations. Patients use them as an alternative or as a supplement to traditional medical treatments.

CAM use is growing among adults and children with chronic health conditions, say several recent studies, and people with autoimmune conditions report positive results from consistent use of meditation, Chinese medicine including acupuncture and tai chi; and yoga. As always, it's best to consult with your own doctor before beginning any treatment or exercise program.

Chinese medicine: calling in the carpenters

MaryLee Calmes, who practices Chinese medicine at her Advanced Wellness Clinic in Bellevue, Washington, often sees patients who complain that their physicians restrict their visit to prescribing and adjusting medication rather than considering the big picture of their life and future with chronic degenerative disease.

"The view of healing has become narrowed over the years," she Calmes said. "Actually, medicine as it's normally practiced here has three tools: drugs, surgery and radiation." And that's what people expect and demand when they see a physician, so it's become a very fragmented process, she says. In fact, people who have diseases that cannot be helped by medication (like most cases of inclusion-body myositis) often feel especially alone: Without drug follow-up, the system doesn't have a mechanism for repeated doctor visits to check on disease progress or patient concerns, nor a way to pay for them.

At Seattle's prestigious Bastyr University, students are trained in traditional western diagnosis and treatment as well as approaches to managing life with chronic disease in other ways. Calmes, who is a graduate of Bastyr, said, "People with chronic disease find hope in Chinese medicine because it treats the whole person. Our job is to work with our patients to

help them feel better physically, and live the very best life they can under the constraints they have." It's especially important, she says, that people with chronic illness be allowed and encouraged to make their own unique contributions to society.

"The way I see it, everyone's been dealt a hand," she said. "They may not be able to change the cards on the table, but with encouragement and wisdom, they can play them for the very best outcome possible."

She likens the holistic approach to calling in the carpenters to build a structure for health, as opposed to the conventional approach of calling in the artillery to destroy the disease. In many cases, it will take tremendous communication and effort for the patient and practitioner to avoid losing ground while building is under way.

"In western medicine, the physician will ask about patient symptoms and history," she said. "In holistic medicine, we start from a base of ten questions." The time-honored ten questions of Chinese medicine provide a structure for understanding the patient, examining his or her health in a framework that includes the whole body rather than just the disease.

The "Ten Questions of Chinese Medicine" give the practitioner the answers needed to conduct a thorough exam and conversation about what Chinese healers consider all the tradi-

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tional elements of health, including sleep, appetite, digestive problems, respiratory problems and family history.

Within this framework, the practitioner spends a good bit of time – usually one or two hours at first – trying to reach an understanding of the overall health of the patient. One of the hardest things, said Calmes, is understanding the complex effects of the many drugs a patient is already taking. There's a kind of "piling on" of drugs: "one drug may have side effects; so the second one may treat the side effects and, in turn have its own side effects, so a third drug is needed, and on and on," she said. "It's so complex in many patients with chronic disease that I try to put the drugs on a flow chart, so I understand all the reactions a little better."

Common sense, familiarity with patient helps the healer

Calmes came to her practice with training in chemistry and microbiology as well as in Chinese medicine, so she is able to do some of the diagnostic tests for her patients. She uses examples from her own life to illustrate the frequent absence of common sense in medicine. "I once had a strange rash progressing on my skin that alarmed me so much, I went to a conventional dermatologist. I was given a great deal of medication but was told it would never improve very much."

She mentioned it to her Chinese medicine practitioner, and he took the time to help her trace any life changes over the past months. With his help, she remembered the addition of a new supplement to her diet. "He suggested I stop the new supplement. I did, and the rash went away."

Another example from her own life: After years of pain and fatigue,

asthma and hereditary arthritis, she found she was addicted to the antidepressants prescribed for her. "I didn't realize I was addicted until I tried to stop them and had a severe physical reaction," she said. Meditation helped.

"If I had to single out one thing that is most beneficial for my patients, this is it," she says. Many practices – yoga, acupuncture, tai chi – are focused forms of meditation. After just a few days of daily meditation, Calmes was able to stop the antidepressants without pain. After years of making healthful improvements in her life, her asthma has also improved. Her arthritis has been held at bay.

"I don't expect Chinese medicine to cure my arthritis," she said. "But I do expect it to help me live in such a way that I am less affected by it." She's much less affected by it than, for instance, her mother at the same age. Much of her practice is helping patients avoid, delay and manage symptoms that will never completely go away. "Another key in treating chronic illness is preventing other illnesses that will add to the discomfort of the main one and complicate it," she said. "There are a lot of problems that can be prevented by living a healthy life."

The price of progress

Calmes gives some examples from recent history that show how our very lives create a climate that discourages healing. "In the 50s, people slept an average of nine hours a night," she said. "They didn't have all-night television shows, computers, cell phones and around-the-clock shopping and eating opportunities. Businesses closed down at the end of the day, and workers came home." The acceleration and availability of constant work and entertainment combine to reduce our hours of sleep to a new average of six hours a night. In places where there is no artificial light, people naturally sleep nearly 12 hours, she said.

“Think of all the healing that happens then.”

Lessons from ancient healers

In Chinese medicine the objective is to keep the body in balance by helping it adjust to ongoing changes, such as stress, the seasons or major life events. Here are a few recommendations by Calmes for improving the balance in your life:

- Eat plenty of "living foods," such as fresh produce. Avoid packaged, processed foods. Eat root crops in the winter (carrots, potatoes, turnips) and more leafy vegetables in the spring.
- If you feel that your life is out of balance, stop what you are doing, begin to take a few deep, slow breaths, relax your mind and body as you breathe. Find ways to simplify your life so that you can focus on what is really important to you.
- Exercise regularly in a manner appropriate for your health, age and condition.
- Strive to be content and in balance with your world.
- Take responsibility for your health: how you eat, how you sleep, how you work and how you spend your leisure.
- Ask yourself: If you only had six months to live, what would you do? Then begin to do it.

Ann Robertson's story

Robertson, an adult juvenile myositis patient, has disease damage from her childhood illness, but was especially concerned when she had a three-year battle with digestive problems. Because she takes a number of medications, they seemed the most likely culprit, but it was hard to track down.

Sharum Sharif, like Calmes, a graduate of Bastyr University – spoke at the Seattle myositis support group led by Robertson. His ideas on diet and nutrition made sense to her, and she began seeing him for her gastrointesti-

nal problems. “I was impressed at how much time he spent with me,” Robertson said. “After several hours when we discussed everything from what I ate for breakfast to how much sleep I was able to get, he advised me to take some probiotics (strains of helpful bacteria found in yogurt and other fermented products), eliminate most sugars and take some essential fatty acids.” After a few weeks, Robertson’s symptoms improved and then were gone altogether. As a bonus, her skin improved, too. Sharif also recommended supplements of Vitamin D, a vitamin that seems to be especially lacking in people with autoimmune disease.

Robertson shares tips for working with an alternative practitioner:

- **Spend some time weeding out potential doctors before treatment.** You can tell a lot by meeting someone, she said. “Most responsible doctors will agree to interview in advance.”
- **Ask for references.** No reputable practitioner will refuse. “Then be sure to check out the references,” Robertson said.
- **Ask questions.** “Anything you don’t understand, you should question,” she said. “Ask again and again until it is clear to you.” You’ll also need to discuss the prescriptions you are presently taking, and any over-the-counter pain medicines or supplements you use.
- **Take some responsibility.** “Obviously you have to eat right, exercise, and communicate with all of your health care team,” Robertson said.

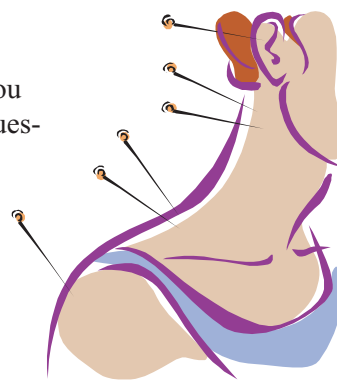
Acupuncture is a safe, gentle alternative

Acupuncturist Augusto Romano, who has been practicing acupuncture and Chinese medicine for 18 years, is especially interested in acupuncture

and its use in autoimmune diseases. Romano is a graduate of the Midwest Center for the Study of Oriental Medicine, and board-certified in both acupuncture and Oriental medicine. He has worked with rheumatologists to treat patients with chronic illness and has taught at Seattle’s Bastyr University. Romano explained that Chinese medicine holds that pain and disease are caused by imbalances and blockages of energy in the body, problems that are helped by acupuncture treatment. He also explained that the endorphins (a discovery of new-world research) may be increased in the body when the needles are inserted.

In many ways, treatments like acupuncture are safer than using prescription drugs, Romano said, since they do not carry the risk of side effects and dependency. Acupuncture is also used in conjunction with certain medications to reduce side effects and to lower the dose necessary to relieve pain.

The acupuncturist works with thin, stainless steel disposable needles. The needles used



today are very fine, about the size of a human hair. Normally, they are inserted just below the skin’s surface. The way this procedure actually feels to the patient varies according to the

individual, Romano said. Sometimes, the acupuncturist will use a heat lamp with the acupuncture, providing a warm sensation. Many acupuncturists also give treatments with a moxa stick, a procedure that uses herbs pressed into sticks, burned on one end, and held a couple of inches away from the skin to provide warmth.

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Jay Levitan's story

Jay Levitan, a 70-year-old IBM patient, was falling down a couple of times a month. "I was covered with scars and bruises," Levitan said. He repairs furniture for a living and there's quite a bit of physical work involved. "If you come right down to it, I started acupuncture because I was too stupid to give up," he said. He had little warning before he would fall: both knees would give out simultaneously and down he'd go, "like the bully in high school had come up behind me and kneed me in the back of my knees."

Levitan asked his chiropractor for a referral and began treatment in January 2007. It wasn't long before he noticed that he wasn't falling anymore. "I was ecstatic," he said. "I wanted to run out in the street and tell everyone." He was going for treatments once a week; now he goes every two weeks; and soon he'll cut back to once every three weeks.

"It was dumb luck," he said. "It's not as though I believed in it, or didn't believe in it: I just didn't know. I figured the worst that could happen was that I'd lose a couple hundred dollars." Levitan invites correspondence from any myositis patients interested in acupuncture: lynn-jay_3@msn.com.

From the research

In a study, "The neuroimmune basis of anti-inflammatory acupuncture," by B Kavoussi and BE Ross of the College of Acupuncture and Oriental Medicine in Whittier, California, the authors write: "Both laboratory and clinical evidence have recently shown the existence of a negative feedback loop between the autonomic nervous system and the innate immunity." They also cite experimental evidence

that the electrical stimulation of the vagus nerve inhibits macrophage activation and the production of TNF and other pro-inflammatory cytokines. Acupuncture along with conventional medical treatment for chronic inflammatory and autoimmune diseases seems plausible and should be validated by further study, the authors conclude.

Tai Chi: reduce stress, improve balance

Tai Chi, a noncompetitive, self-paced system of gentle physical exercise, combines meditation with movement. A defined series of postures or movements are done in a slow, graceful manner, and each movement flows into the next without a pause. Tai Chi combines meditation with actions, said MaryLee Calmes of the Advanced Wellness Clinic. It was developed in China centuries ago as a form of self-

defense, and is now popular around the world. Many people with chronic disease use it as an exercise program as well as a way to focus and relax. "While you're getting exercise for balance and coordination, you're also doing your internal organs a favor," Calmes said. "Study after study shows that it keeps older people and people with weak muscles from falling, as it strengthens the core of the body."

The movements of Tai Chi are low impact and put minimal stress on muscles and joints, so it is especially

useful for people with weaknesses in these areas. Most experts recommend starting with an instructor, so patients can learn the correct way to do the very structured poses. The instructor can give you personal guidance and correct any errors in your positions before they become bad habits. After a while, patients find they are able to practice at home, although many rehabilitation experts say the class dynamic is important.

You can find tai chi classes in cities throughout the United States. To locate a class in your community, contact your local senior center, YMCA or YWCA, health club or wellness center. Find the YMCA nearest you by visiting http://www.ymca.net/find_your_ymca/. Find out what you should know before choosing a style of tai chi or a teacher at www.taichiandmeditationdirect.com.

From the research

In a 2006 Stanford University study of Chinese-American adults living in the United States with chronic disease, tai chi was found to be a culturally appropriate mind-body exercise, with statistically significant psychosocial benefits observed over 12 weeks. The researchers recommended future studies with people in all ethnic groups who have other chronic illnesses.

A German study just released also found significant improvements in general health perception, social functioning, vitality, and psychological well-being of adults in a tai chi program. Researchers at the Institute for Integrative Medicine and Health in Potsdam measured stress levels of groups by the amount of cortisol (a stress-related natural substance) in the saliva of those in the study. Subjective health increased, and stress decreased (objectively and subjectively) during tai chi practice.

Tai chi is generally considered a



very safe form of exercise, but you may want to talk to your doctor before starting a program. Make sure to tell the instructor that you have myositis.

Meditation and progressive relaxation

At the 2007 Annual Conference, Mary Margaret Brown, RN, PhD, led what she called a “simple meditation.” Like the tai chi study mentioned above, regular meditation has been found to actually lower the cortisol level in the blood.

Brown, who struggles with chronic pain from two major back injuries, finds that daily meditation helps her body relax. “It interrupts the vicious circle,” she said. “You’re in pain, so you tense up, which causes more pain.” She also uses yoga, acupuncture and chiropractic to cope with pain. She sees meditation as a good alternative for myositis patients who can’t use meditation techniques – like yoga or tai chi – that involve a lot of movement. “The main focus is on the breath, so even those who are wheelchair bound can do it,” she said. She’s found that if she has a table top with a few items that make her feel relaxed or peaceful – “It can be candles, or pictures, or rocks” – and meditates nearby, the relaxation effect will repeat itself whenever she catches sight of the table, even if she doesn’t have time to meditate. “Plan to make meditation a part of your daily routine,” she said. “Some people do it before breakfast, some after lunch, while others will do it before bedtime. I think it is best to set aside the same time each day.”

She takes us through the steps of a “simple meditation”:

- Pick a place where you will not be disturbed by other people or the telephone.
- Sit in a comfortable position. It is best if your feet and arms are at rest. Some people do this sitting in a chair,

others sitting on pillows on the floor, or even lying down.

- Try to keep to a specific amount of time for the meditation. Give yourself a few minutes to prepare and mentally think how to position your body for the best relaxation.
- Relax your muscles sequentially from head to feet. Starting with your forehead, become aware of any tension you have above your eyebrows.
- Next, release the tension in the jaw areas and around the mouth.
- Continue down and relax your lips and let your tongue float in the middle of your mouth. Relax your neck and shoulder muscles, arms, hands, upper back, middle and lower back. Continue on down as you concentrate on relaxing your pelvis, buttocks, legs and feet.
- You can close your eyes or leave them half open as you gaze at a candle or picture.
- Pick a focus word or phrase that reflects your personal belief system. This is often referred to as a “mantra”. If you decide to use your heart beat as your focus point, you can choose a mantra that repeats to the rhythm of your heart beat. Some people use their breathing as the focus point. Some ideas of words or phrases are: Hallelujah, Hail Mary, Mercy, Jesus, Allah, Love, Peace and the favorite of many monks, “Ohm.”
- Start to breathe slowly and naturally. Repeat silently in your head the focus word or phrase. You can match it to your breathing or to your heart beat.
- As you start to get into the cycle of breathing and focusing, you may want to center your thoughts with a bell or small gong.
- Don’t worry about how well you are doing. When other thoughts or outside distractions occur, just ignore them and return to the repetition or focus point. As you become more

adept at meditation, these distractions become less frequent.

- Continue the actual focused meditation for 15 to 20 minutes. When finished, sit quietly for a minute or two with your eyes closed and then slowly open your eyes.

From the research

Writing in the *Journal of Alternative and Complementary Medicine*, in October 2006, AJ Arias *et al* described their “Systematic review of the efficacy of meditation techniques as treatments for medical illness.” The authors were from the Department of Psychiatry at the University of Connecticut Medical School in Farmington, Connecticut. They searched peer-reviewed journals for studies of meditation, meditative prayer, yoga, and other methods of relaxation response, and chose the 20 best from 82 identified studies. Generally, the authors found evidence of benefit for a number of disorders, including autoimmune illness. They concluded that evidence supports the safety and potential efficacy of meditative practices for treating certain illnesses.

In a March 2000 study published in *Alternative Therapies*, FM Luskin *et al* reviewed “Mind-body therapies in the treatment of musculoskeletal disorders with implications for the elderly.” The comprehensive review of the research by these Stanford University authors searched peer-reviewed literature as well as searching the Stanford Library and interviewing practitioners. Mind-body practices evaluated were: social support, cognitive-behavioral therapy, meditation, the placebo effect, imagery, visualization, spiritual/energy healing, music therapy, hypnosis, yoga, Tai Chi, and qigong. Mind-body techniques were found to be effective, primarily as complementary treatments for musculoskeletal disease and related disorders.



SKIN CARE IN DERMATOMYOSITIS

Richard D. Sontheimer, MD, is Professor and Vice-Chairman, Department of Dermatology and Richard and Adeline Fleischaker Chair in Dermatology Research at the University of Oklahoma Health Sciences Center.

If you have been diagnosed with dermatomyositis (DM), your physician has noticed certain hallmark skin changes, at the very least a skin reddening or swelling somewhere on the body. There's a huge range of possible additional skin symptoms, some mild and easily missed; some so common they're categorized as "classic DM." Many of these are quite similar to those seen in lupus (SLE), in that the rash is usually itchy, often sun-sensitive and can heal without scarring after treatment.

The relationship of the skin to the underlying disease process is complex. In cases where there is also muscle weakness, the skin activity may grow worse as the patient gains strength, or it may improve at the same time as the muscles. Often, the skin symptoms hang on and cause discomfort well after the muscle symptoms improve or disappear altogether.

Sometimes there are no muscle problems and the disease is called "amyopathic dermatomyositis" or "dermatomyositis sine myositis," both terms that mean the skin is affected but not the muscles. Besides the muscle and skin problems, DM carries the risk of lung involvement and cancer in adults, (see Summer, 2007 *OutLook*), and studies have found that patients without the muscle disease have patterns of risks and auto-antibodies similar to those who have both muscle weakness and skin involvement.

Sometimes DM patients find themselves with skin symptoms that are quite different than those they expect with their disease. Some of these

less common DM effects are changes in the fatty layers, a swelling in the face without redness, severe thickening of the skin on the palms (called "mechanic's hands"), zebra-like stripes, hardened lumps of calcium called "calcinosis," or open sores (ulcers).

Dr. Sontheimer recommends that DM patients see a dermatologist who is experienced with skin problems of chronic disease (these specialists are often called "medical dermatologists" to distinguish them from physicians with cosmetic practices).

The physician will treat the rash in one or both of two possible ways: by prescribing medicines to be applied directly to the affected skin, or by prescribing medications taken internally. If the doctor chooses systemic treatment, he or she may use some of the same medications that are generally used to treat autoimmune disease, and will coordinate treatment with the other physicians involved. Some systemic medications prescribed specifically for the skin:

- Anti-itch (anti-pruritic) medications, which include antihistamines. At night, antihistamines with a sedating effect are often prescribed if the patient has trouble sleeping because of the itch. Benadryl is an example of an antihistamine with a sedating effect.
- Anti-malarials like hydroxychloroquine, cloroquine and quinaquine, sometimes in combination
- Dapsone, a medication that has successfully treated other autoimmune-related skin problems

■ Medications used to treat both muscle and skin symptoms in autoimmune disease (IVIg, methotrexate, azathioprine, and cyclosporine)

If patients are affected only in their skin symptoms, or have only mild muscle weakness, the dermatologist is generally reluctant to prescribe systemic treatment, and may prefer to try a variety of topical treatments to see which is most effective. There are topical forms of commonly-prescribed internal drugs, including topical corticosteroids, tacrolimus and anti-itch medications. Many people with DM

have very serious scalp itching, and often they use a foam – most often a corticosteroid foam – so they can apply it evenly throughout their hair.

Other external treatments for the dry skin that's caused by a combination of DM, aging, sun exposure and other weather conditions, are available both by

prescription and off the shelves of the drug store.

Whatever you use, Dr. Sontheimer said the success of these preparations depends partly on the frequency and consistency with which they're applied.

It's a little tricky for the physician to choose the best moisturizer, Dr. Sontheimer said, since the products that are most effective are also those patients are least likely to want to use. Ointments – characterized by density, coverage and the ability to form a barrier on the affected skin – are often greasy and heavy, and are likely to be inconvenient at times. Oils are next,



followed by creams and then lotions, each a little less effective than the one before it, but a little more acceptable to the patient.

One thing is true about all types of moisturizers. They are most effective when patients use them immediately after bathing and reapply them frequently throughout the day.

Some examples of topical treatment for dry skin, and different formulations:

■ **Ointment moisturizers** work the best but often feel greasy, so apply a small amount and rub into the skin until it is shiny. Some products in this category are **Aquaphor** and **Vaseline**. When patients have trouble affording brand-name products, dermatologists sometimes recommend solid shortenings, like **Crisco** vegetable shortening, which is cheap and soothing.

■ **Oil moisturizers** are less greasy but still effective. Try baby oil, mineral oil, bath oil or vegetable oil. Some people find coconut oil soothing both for the skin and scalp.

■ **Cream moisturizers** are usually white and disappear when rubbed into the skin without leaving a greasy feel. Some examples are **Original Eucerin Cream, Cetaphil Moisturizing Cream, Vaseline Cream, Nivea, Carmol,** and **Neutrogena Hand Cream.**

■ **Lotion moisturizers** are generally the least greasy, but more drying because of their alcohol content. **Vaseline Intensive Care, Keri, Lubriderm, Currel, Nivea,** and **Neutrogena** are all lotions.

Although many of these are available without a prescription, Dr. Sontheimer advises DM patients to discuss their choice of moisturizer with their dermatologist and to be careful about over-the-counter treatments in general. Other strategies for preventing dry skin:

■ **Limit baths and showers.**

Showers are better than baths, short ones are best, and not-so-hot water is less drying.

■ **Use a non-drying soap.** Try Dove Unscented, Neutrogena Dry Skin Formula (unscented), Aveeno Cleansing Bar for Dry Skin, Basis, Oil of Olay Sensitive Skin Soap, or Cetaphil.

Avoiding the sun – a checklist

□ Whenever possible outdoors, seek shade

□ Avoid peak sun exposure at mid-day (between 10 AM and 4 PM)

□ Avoid UV reflection surfaces: sand, water, snow

□ Avoid sun lamps and tanning parlors

□ Check daily UV Index (<http://www.epa.gov/sunwise/uvindex.html>)

□ Wear tightly-woven protective clothing (long-sleeves when possible) and broad-brim hats

□ Add products to the wash to increase UV protection in clothing

□ Apply UV blocking films to windows in cars and home

□ Wear UV-protective sunglasses, preferably ones that wrap around the sides

□ Use broad-spectrum sunscreens with SPF 30 or higher in heavy applications. Look for products that contain physical blocks (titanium dioxide or zinc oxide), photostabilized avobenzone (Parsol 1789), or Mexoryl SX

□ Try another heavy-duty product, Neutrogena Ultra Sheer Dry Touch with Helioplex Formulation (SPF 55 and 70)

□ Replace Vitamin D blocked by sunscreen with supplements of 800-1200 mg/day

Family finds myositis advocacy a source of hope

Even in tragedy, families who have lost someone to myositis are moved by a desire to prevent that fate for others. One example is the remarkable Rizzo family of Swampscott, Massachusetts.

Anthony Rizzo, Jr., died from DM at 30, eight years ago. Since then, his family has been determined to help. His sister, Lisa Conti, ran the Boston Marathon in his honor, and for the past two years, the family has held a yard sale, featuring information about TMA and DM.

“People ask a lot of questions, and many of them pick up information to take home,” said Anthony’s mother, Nancy Rizzo. “People are more likely to linger and buy when they’re supporting a worthwhile cause.” The Rizzos raised between \$600 and \$700 for TMA at each yard sale for TMA but Nancy Rizzo believes the educational value of the event is priceless.

Anthony’s death was followed more recently by the sudden death of Nancy’s brother, William Skally. Once again, family members found a positive way to express their sorrow, and the Skally estate made a sizeable donation to TMA.

“To watch such a strong man sicken and die at such a young age made an impression on everyone,” Nancy said.

The Rizzo family, stricken by the death of two vital family members, finds some comfort in these activities. “At least it’s something positive we can do,” said Nancy. “The more we contribute, the better the chance that someone else will benefit.”



Resources

Bastyr University

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www.bastyr.edu

National Center for Complementary and Alternative Medicine

<http://nccam.nih.gov>
(888) 644-6226

Andrew Weil, MD
www.drweil.com

Holistic-online.com
www.1stholistic.com/meditation

NIH Office of Dietary Supplements
<http://dietary-supplements.info.nih.gov>

American Dietetic Association
www.eatright.org

Menu Planner
<http://hin.nhlbi.nih.gov/menuplanner/menu.cgi>

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To find practitioners:

American Academy of Medical Acupuncture

www.medicalacupuncture.org

American Association of Naturopathic Physicians

www.naturopathic.org
(866) 538-2267

National Center for Complementary and Alternative Medicines

<http://nccam.nih.gov/health/practitioner>

Tips for selecting a CAM practitioner.

National Center for Homeopathy
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