



# **SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

(Established under UP Govt. Act No. 29 of 2008 and approved under section 2 {F} of UGC act, 1956)

**MAHARISHI AUROBINDO SUBHARTI COLLEGE & HOSPITAL OF  
NATUROPATHY & YOGIC SCIENCES, MEERUT, U.P.INDIA**

**ANNEXURE-3 AS PER ORDINANCE NO: - V-116**

**SYLLABUS & CURRICULUM FOR**

**DOCTOR OF MEDICINE (MD) IN NUTRITION AND  
DIETETICS**

**Subhartipuram, NH-58, Delhi- Haridwar Bypass Road, Meerut-  
250005(UP), India**

**Annexure 3**  
**MD in Nutrition and Dietetics**  
**PAPER-1**

**❖ Philosophy and Practice of Naturopathy and Yogic Diet and Basic Nutrition.**

- 1) Philosophy, Evolution and History of Naturopathic Diet
  - Eliminative diet
  - Soothing diet
  - Constructive diet
- 2) Philosophy, Evolution and History of Juice Therapy (Fasting Therapy)
- 3) Philosophy, Evolution and History of Yogic Diet
  - Satwik Diet
  - Rajasik Diet
  - Tamsik Diet
  - Tri Dosha & Food
  - TriGunas& Food
- 4) Philosophy, Evolution and History of Basic Nutrition
  - Energy yielding food
  - Body building food
  - Protective food
- 5) Classification, functions, components, Requirements of Carbohydrates
- 6) Classification, functions, components, Requirements of Proteins
- 7) Classification, functions, components, Requirements of Lipids
- 8) Water
- 9) Nutritional and naturopathic perspective of the organ systems detoxification.
- 10) Naturopathic nutritional assessment.
- 11) Free radicals and phytonutrients.
- 12) Energy of food.
- 13) Healing through nutrition – all planes of being.
- 14) Biological rhythms and nutrition.

- 15) Seasonal changes of food.
- 16) Panchamahabhootas and food
- 17) Introduction, physiological roles, bioavailability, requirements, food sources  
deficiency and toxicity of Minerals & Vitamins
- 18) Human Energy Requirements
- 19) Energy requirements and dietary energy recommendation.
- 20) Food components other than essential nutrients
- 21) Probiotics and Prebiotics
- 22) Dietary Factors with Anti-nutritional effects
- 23) Food additives and Adulteration
- 24) National and international recommendation of nutrient requirements
- 25) Recent Advances in Human Nutrition
  - Antioxidants
  - Phytochemicals
  - Natural Food Supplements
  - Nutrition & Physical Performance
  - Importance of Vegetarian Diet
  - Food & Drug Interactions

## PAPER -2

### Applied Nutrition and Dietetics

- 1) Menu Planning
  - Rationale for menu planning
- 2) Factors affecting food choice
  - Nutritional factors
  - Other factors
- 3) Exchange list versus food composition tables for menu planning
  - Steps in the development of exchange list
- 4) Planning for Adults
  - Based on Recommended daily allowances
- 5) Pregnancy and Lactation
- 6) Physical Changes During Pregnancy
  - Expansion in plasma volume and red cell mass
  - Hormonal profile in pregnancy
  - Placental transfer of nutrients
  - Maternal weight gain.
- 7) Nutritional Needs During Pregnancy
  - Maternal nutrition and fetal outcome:
  - Pre Pregnancy weight and fetal outcome
  - Pre pregnancy height and fetal outcome
  - BMI and other anthropometric measures as applicable
  - Weight gain during pregnancy and fetal outcome,
  - Maternal dietary intake and fetal outcome.
  - Non-nutritional factors: Antenatal care, age, heavy physical work and intra uterine infections.
  - Nutritional assessment and guidance in prenatal care.
  - Nutritional management of high risk pregnancies.
- 8) Lactation
  - Physiology
  - Human milk composition and infant growth and development

- Malnutrition- Effects on milk and effects on mothers.
- Nutrient requirements during lactation
- Dietary management
- Other concern during breast feeding

#### 9) Infants and Preschool Children

- Growth and development:
  - Physiological changes
  - Growth monitoring
  - Health monitoring
  - Nutrient needs and recommended dietary allowances.
- Diet and feeding patterns
  - Feeding 0-6 months infant
  - Feeding 6-12 months infant
  - Feeding preschoolers
- Problems of infants and preschoolers nutrition.

#### 10) Older Children and Adolescents

- Changes in physical development and body composition.
- Sexual maturity
- Psycho social changes.
- Nutrient needs and recommended dietary intakes.
- Diet and dietary patterns
- Problems of older children and adolescent nutrition.

#### 11) Geriatric Population

- Definition of old age
- Nutrition and ageing
- Physiological changes associated with ageing.
- Changing body composition and techniques for measuring body composition.
- Nutritional requirements and dietary modification in the diet of the elderly
- Guidelines for planning balanced diet for elderly

## 12) Sports Nutrition

- Introduction
- Evaluation and growth of sports nutrition as a discipline
- Anthropometric and physiological measurement.
  - Various techniques for measuring body composition.
  - Work capacity

## 13) Physical Fitness

- Parameter of fitness
- Fitness tests

## 14) Nutritional Requirements for Extreme Environments

- General adaptive mechanisms to environmental extreme and role of nutrition in successful Acclimatization.
- Health Hazards associated with high altitude
- Nutritional requirements in high altitude
- Nutritional requirements in high cold and polar envelopment
- Nutritional requirements in hot environments
- Nutritional requirements for space missions

## 15) Nutritional regulation of Gene Expression, Epigenetic & Nutrigenomics

- Introduction
- Gene – Expression- An overview
- Role of specific nutrients in controlling gene expression
- Proteins
- Lipids
- Minerals
- Vitamins

## 16) Immunonutrition

- Role of specific nutrients in immune suppression.
  - Role of nutrients in immune promotion

- Functional foods and nutraceuticals in health disease
- History
- Definition
- Classification
- Physiological effects, effects of human health and potential applications in risk reduction of diseases.
- Food Microbiology

17) Nutrition Supplements

Medical Nutrition Therapy

1. Definition
2. Nutritional screening
3. Nutritional care process
  - Nutritional Assessment
  - Nutritional diagnosis
  - Nutritional Intervention
  - Monitoring and evaluation

18) Nutritional Intervention – Diet Modification:

- Adequate normal diet as basis for therapeutic diets
- Diet prescription
- Modification of normal diet.
- Nomenclature of diet adequacy in standard hospital diet.
- Psychological factors in feeding the sick person.
- Interaction among drugs, food nutrients and nutritional status
- Effects of drugs on food intake nutrient absorption, Metabolism and requirements.
- Drugs affecting intake of food and nutrients
- Absorption
- Metabolism and excretion
- Nutritional status

- Effect of food, nutrients and nutritional status on absorption and metabolism of drugs.
- Hospital Malnutrition

#### 19) Nutrition for General Conditions

- Nutrition for Bone Health
- Nutrition for Oral & Dental Health

#### 20) Nutritional Support Systems:

- Use of herbal supplementation in naturopathy
- Food as medicine
- Nutritional support for healthy body and mind systems
- Environmental and dietary toxins
- Role of water in healing the diseases
- Treating the root cause of illness through natural foods.
- Enteral Nutrition
  - Site, Size of the tube, Feed-types, Complications
- Parenteral Nutrition
  - Type, Composition, Complications

#### 21) Set up of Nutrition Service Clinics

#### 22) Nutrition Counselling

- Communication Skills
- Designing & Counselling Plans
- Counselling Approach, Implementation & Evaluation

#### 23) Management of Nutrition unit in Hospital

- Quantity Cooking & Patient Service
- Food Management

#### 24) General Management of Nutrition Unit in Hospital

- Financial Management
- Record Maintenance
- Principles of Hospital Management

## PAPER -3

### Management of Diseases through Nutrition and Dietetics

#### Nutritional Care in Disease Condition

- 1) Nutritional Management in Infection and Fever
  - Defense mechanism
  - Metabolic changes during infection
  - Classification and entity of fever infection
  - Typhoid/ TB / parasitic infestation/ Aids
- 2) Nutritional Management of Physiological Stress
  - Nutrition in wound healing
  - Surgery: Pre and post surgical dietary management
  - Burns: Classification, Complication, Dietary management
  - Trauma: Dietary management
  - Sepsis: Dietary management
- 3) Nutritional Management in Critical Care
  - Nutritional screening and nutritional status assessment of critically ill & ICU patient
  - Nutritional requirements according to the critical condition
    - Feeding of Special groups
    - Feeding of Spastic, Dementia & Anorexia patients
    - Palliative Care & Rehabilitation Diet
    - Domiciliary Management & Long term Nutrition Support
    - Nutrition in patients with Organ Failure & Sepsis
    - Nutrition in patient with Solid Organ Transplant
- 4) Nutritional Management of GI Diseases:

Physiological and functional changes and impact on Nutritional status
- 5) Diseases of Esophagus and Stomach
  - Esophagitis(GERD), Dyspepsia, Peptic ulcer, Gastritis, Gastrectomy:

Dumping syndrome

6) Intestinal Diseases

- Flatulence, Diarrhoea, Constipation, Hemorrhoids, Diverticular disease, Duodenal ulcer, Inflammatory Diseases of Bowel: Crohn's disease and ulcerative colitis, Irritable bowel syndrome, Colostomy, Ileostomy

7) Mal-Absorption Syndrome

- Celiac disease (Tropical sprue), Steatorrhoea, Intestinal Brush border diseases

8) Protein Losing Enteropathy

9) Nutritional Management in diseases of the Liver, Pancreas and Biliary

10) System Pathophysiology of Liver Diseases:

- Progression of liver disease, Metabolic and nutritional Implications, Role of specific nutrients and alcohol in liver diseases.
- Nutritional care in liver disease in the context of results of specific liver function tests. Viral hepatitis, cirrhosis of Liver, Hepatic encephalopathy, Wilsons disease.
- Liver transplant

11) Diseases of Gall Bladder and Pancreas –pathophysiologic changes,

12) Metabolic and Nutritional implications: Biliary dyskinesia, Cholelithiasis, Cholecystitis, Cholecystectomy, Pancreatitis, Zollinger Ellison syndrome (ZE syndrome)

13) Nutritional Management of Metabolic Disease 1: Diabetes and Hypoglycemia

14) Prevalence and classification of DM

- Etiology, Physiological symptoms and disturbances, Diagnosis and tests used, Complications, Management of Diabetes Mellitus

15) Nutritional Therapy

Diet Plan Food exchange list, Glycemic index, CHO counting.

Meal planning with and without insulin, during sickness

Artificial sweeteners and sugar substitutes.

Drugs and insulin

Exercise

**Hypoglycemia:** Classification, symptoms, Fasting hypoglycemia, Postprandial or reactive hypoglycemia, early alimentary and late reactive hypoglycemia, Idiopathic hypoglycemia. Dietary treatment in reactive hypoglycemia.

#### 16) Nutritional Management of Metabolic Disease: II Gout and in Born

Error of Metabolism Gout: Role of proteins and purine, Etiology, Symptoms and complications, Dietary management

#### 17) Inborn Errors of Metabolism

- PKU
- MSUD
- Tyrosinosis
- Homocystinurias
- Glycogen storage disorders
- Galactosemia
- Organic acidurias
- Other types

#### 18) Nutritional Management on Weight Imbalance

- Regulation of food intake and pathogenesis of obesity and malnutrition and starvation.
- Weight Imbalance: prevalence and classification.
- Guidelines for calculating desirable body weight.
- Control of appetite and food intake: Neural count, Hormonal count, Insulin, estrogen and other types of peptide hormones.

#### 19) Obesity:

- Etiology, Energy balance, Health risks

#### 20) Management

Diet and lifestyle modification, Evaluation of some common diets, Preventive aspects

21) Underweight

Etiology, Diet management

22) Nutritional management of eating disorders

Anorexia Nervosa, Bulimia

23) Nutritional Management in Coronary Heart Disease

Pathogenesis, role of nutrients in prevention and management – Nutritional and metabolic implications of dyslipidaemias.

24) Chronic Heart Diseases

Prevalence, Etiology and risk factors, Diagnostic tests, Nutrition management

25) Common Disorders of CHD and Nutrition Management

- Dyslipidaemias
- Atherosclerosis
- Hypertension
- IHD
- CCF
- Rheumatic heart disease

26) Nutrition Management of Renal Disease

**Diseases of Renal System:** Etiology and pathogenesis: change in function with progression of diseases, metabolic and nutritional implications, Clinical and metabolic manifestations, Diagnostic tests

**Types**

- Acute and chronic nephritis
- Nephrotic syndrome
- Renal Failure: Acute and chronic
- ESRD

27) Nutritional Management in Cancer

Cancer: Pathogenesis and progression of cancer

Role of Nutrients and food additives in cancer therapy and their nutritional implications.

- Types
- Symptoms
- Diagnosis
- Cancer therapies: Nutritional implications
- Dietary management

#### 28) Nutrition Management in Diseases of Nervous System and Musculoskeletal System

- Dysphagia
- Epilepsy
- Hyperkinetic behavior syndrome

#### 29) Etiology Dietary Treatment in Arthritis and Osteoporosis

##### Nutritional Management in Allergy

- Definition, symptoms and mechanism of food allergy
- Biochemical and immune testing (Brief)
- Elimination diets
- Food selection
- Food allergy in infancy: Milk sensitive enteropathy, intolerance to breast milk.
- Prevention of food allergy

## **PAPER -4**

### **❖ Research Methodology and Recent Advances in Clinical Nutrition and Dietetics.**

#### **RESEARCH METHODOLOGY**

- 1) Basic principles of biostatistics and research methodology, sample size calculation analysis of data, types of study randomization, clinical trials
- 2) Basic reviewing quantitative and qualitative literature. carry out an appropriate, rigorous review of the literature; and understand the strengths and weaknesses of different methods of identifying, assessing and synthesizing literature.
- 3) Planning the review: the role of the literature review and specification of the task
- 4) Identification of relevant literature both published and unpublished: developing a search strategy and using bibliographic databases.
- 5) Appraising the literature: methods for assessing the quality of quantitative and qualitative research.
- 6) Introduction to research methodology
- 7) Planning a research study
- 8) Research problem
- 9) Research designs & sampling designs
- 10) Data collection & data preparation
- 11) Medical statistics - Descriptive statistics & assessment techniques
- 12) Interpretation & Report writing
- 13) Project proposal preparation.

#### **BIOSTATISTICS**

- 1) Introduction to Biostatistics

Definition, role of statistics in health science and health care delivery system

- 2) Sampling Population, sample, sampling, reasons for sampling, probability and non-probability sampling, Methods of probability sampling-simple random, stratified, systematic procedure, merits and demerits. Use of random number table.

- 3) Organization of data, Frequency table, histogram, frequency polygon, frequency curve, bar diagram, pie chart.
- 4) Measures of location Arithmetic mean, median, mode, quartiles and
- 5) Percentiles – definition, computation (for raw data), merits, demerits and applications.
- 6) Measures of variation: Range, inter –quartile range, variance, standard deviation, coefficient of variation- definition, computation (for raw data), merits, demerits and applications. skewness and kurtosis.
- 7) Basic probability distributions: - Concept of probability distribution. Normal, Poisson and Binomial distributions, and application. Concept of sampling distributions. Standard error and confidence intervals.
- 8) Tests of significance: Basic of testing of hypothesis – Null and alternate hypothesis, type I and type II errors, level of significance and power of the test, p value.
- 9) Tests of significance (parametric) – t – test (paired and unpaired), Chi square test and test of proportion.
- 10) Correlation and Regression: Scatter diagram, concept and properties of correlation coefficient, examples (No computation Simple correlation) Pearson's and Spearman's, testing the significance of correlation coefficient.
- 11) Linear and multiple regressions.
- 12) Synthesizing the evidence: integration of the evidence using both quantitative and qualitative methods; principles of meta-analysis.
- 13) Formulating recommendations and writing the review.

**Recent Advances:**

- 1) Psycho neuro immunology [PNI] and psycho neuro endocrinology
- 2) Psychophysiology of biological rhythms, emotions, behavior and aging
- 3) Stress and its impact on health and disease: Physiological mechanisms underlying stress response.
- 4) Psychosomatic medicine

- 5) Role of human thinking, behaviour and life style in the aetiology, pathogenesis, clinical manifestations and management of non-communicable life-style related diseases.
- 6) Inherent healing capacities and concept of spontaneous regression; role of positive thinking, health behaviour & clinical implications of acupuncture & energy medicine in eliciting inherent healing capacities.
- 7) Natural and holistic medicine-integrating the physical, psychological, mental, social and spiritual needs of an individual in promotion of positive health, prevention of diseases and disabilities, management of diseases and overall improvement in 'quality of life.
- 8) Advances in therapies used in Nutrition
- 9) Advances in medical & psychiatric rehabilitation.
- 10) Integrative medicine.
- 11) Antioxidants & Nutrition
- 12) Free Radicals & Nutrition
- 13) Research in Nutrition & Musculoskeletal Diseases, Cardiovascular diseases, Metabolic Disorders, Respiratory Diseases, Gastro intestinal, Endocrinal disorders, Central Nervous system disorders, Renal system diseases.

### **Reference Books**

1. Lubert Stryer 'Biochemistry'
2. Medical Textbook of Biochemistry Chatterjee.
3. Lehninger A. L. (1990) 'Principles of Biochemistry' New Delhi - CBS Publisher and Distributor.
4. Modern Nutrition in Health and Disease 10<sup>th</sup> edition by Maurice E. Shils
5. Alfred H. Katz, Prevention and health, the Haworth, Press, New York 1999.
6. Nutritional biochemistry of vitamins David a bendor.
7. Achayya, K.T.:(1998) A Historical Dictionary Of Indian Foods, Oxford Publishing Co.
8. Mahindru, S.N. (2002). Food Additives Characteristics, Detection and Estimation, Tata McGraw-Hill Publishing Co. Ltd. New Delhi.

9. Research Methodology By C.R Kothari
10. International Life Sciences Institute Present Knowledge in Nutrition – latest edition
11. Swaminathan S.: Advanced Textbook On Food & Nutrition Vol. 1 & N (2nd Ed. Revised Enlarged) Bapp Co. 1985.
12. Robinson. Basic Nutrition And Diet Therapy (8th Edition)
13. Robinson, Lawler: Normal & Therapeutic Nutrition (17th Ed.) Macmillan Publishing Co. 1986.
14. Davis J. and Sherer, K. (1994): Applied Nutrition and Diet Therapy for Nurses, 2<sup>nd</sup> edition, W.B. Saunders Co.
15. Davidson's Human Nutrition – Geissler.
16. Nutrition and Biochemistry for Nurses by Jacob Anthikad
17. Willims S. R.: Essentials of Nutrition and Diet Therapy, 4th ed., Mosby College Pub. S. Louis, 1986.
18. Thomas, B.: Manual of Dietetic Practice, 1996.
19. L. MatareseGottschlich Contemporary Nutrition Support Practice, Saunders 1998
20. ASPEN; Nutrition Support, Dietetics
21. Clinical dietetics and nutrition by F.P Antia and Philip Antia.
22. Modern Nutrition in Health and Disease 10<sup>th</sup> edition by Maurice E. Shils
23. Alfred H.Katz, Prevention and health, the Haworth, Press, New York 1999.
24. Nutritional biochemistry of vitamins David a bendor.
25. Achayya, K.T.:(1998) A Historical Dictionary Of Indian Foods, Oxford Publishing Co.
26. Mahindru, S.N. (2002). Food Additives Characteristics, Detection and Estimation, Tata McGraw-Hill Publishing Co. Ltd. New Delhi.
27. Research Methodology By C.R Kothari
28. International Life Sciences Institute Present Knowledge in Nutrition – latest edition
29. Swaminathan S.: Advanced Textbook On Food & Nutrition Vol. 1 & N (2nd Ed. Revised Enlarged) Bapp Co. 1985.
30. Robinson. Basic Nutrition And Diet Therapy (8th Edition)
31. Robinson, Lawler: Normal & Therapeutic Nutrition (17th Ed.) Macmillan Publishing Co. 1986.

32. Davis J. and Sherer, K. (1994): Applied Nutrition and Diet Therapy for Nurses, 2<sup>nd</sup> edition, W.B. Saunders Co.
33. Davidson's Human Nutrition – Geissler.
34. [Nutrition and Biochemistry for Nurses](#) by Jacob Anthikad
35. Willims S. R.: Essentials of Nutrition and Diet Therapy, 4th ed., Mosby College Pub. S. Louis, 1986.
36. Thomas, B.: Manual of Dietetic Practice, 1996.
37. L. MatareseGottschlich Contemporary Nutrition Support Practice, Saunders 1998
38. ASPEN; Nutrition Support, Dietetics
39. Clinical dietetics and nutrition by F.P Antia and Philip Antia.
40. Davidson and Passamore Human Nutrition – Passamore
41. Clinical Dietetics and Nutrition – FP Antia
42. Normal Therapeutic Nutrition – Corinne Robinson
43. Essentials of Food and Nutrition – Swaminathan
44. Sprouts – JD VaishYogaSamsthan
45. Science and Art of Food and Nutrition – Herbert Shelton
46. Nutritive Values of Indian Foods – NIN (Hyd)
47. Publications of NIN, Hyderabad
48. Herbs that Hheal – HK Bakhru
49. Charakaand Sushruta Samhita
50. Fundamentals of *Ayurveda* – MahadevShastri
51. Fasting for Healthy and Long Life – Carrington
52. Fasting Cure – Lakshman Sharma
53. Fasting - The Ultimate Diet - Allan Cott
54. Mucusless Diet Healing System - Arnold Ehret
55. The Fasting Cure (Classic Reprint) - Upton Sinclair
56. Fasting Can Save Your Life - Herbert M. Shelton
57. Davidson and Passamore Human Nutrition – Passamore
58. Clinical Dietetics and Nutrition – FP Antia
59. Normal Therapeutic Nutrition – Corinne Robinson
60. Essentials of Food and Nutrition – Swaminathan

61. Sprouts – JD VaishYoga Samsthan
62. Science and Art of Food and Nutrition – Herbert Shelton
63. Nutritive Values of Indian Foods – NIN (Hyd)
64. Publications of NIN, Hyderabad

**\* The list of reference books and research literature shall be updated every year and submitted to the University for Approval by the institution executing the MD program.**

#### **RESOURCE MATERIALS ON COMPLEMENTARY AND ALTERNATIVE MEDICINE**

- **Journals**

- Journal of Association of Physicians of India (JAP1)
- British Medical Journal (BMJ)
- New England Journal of Medicine
- The Lancet
- American Journal of Medicine
- Issues in Medical Ethics
- Indian Journal of Tuberculosis
- Dermatology Clinics
- GUT (Gastroenterology)
- Postgraduate Medical Journal
- Stroke
- Blood
- Neurologic Clinic
- Indian Journal of Nephrology
- Public Health Papers

- **Specific:**

- Indian Journal of physiology and pharmacology
- Indian Journal of Medical Research
- Indian Journal of Medical Sciences
- Journal of Alternative and Complementary Medicine

- Advances in Mind-body Medicine
  - Perceptual and Motor skills
  - Psychological reports
- **Databases:-** Cochrane Database of Systematic Reviews-CDSR. Collection of 'systematic reviews' summarizing the findings of completed meta- analyses of the evidence presented in their cited studies. Available via Ovid
    - Ovid MEDLINE
    - ALTMEDX

### **Books**

- ABC of complementary Medicine By Catherine Zollman 2000, BMJ B<sup>^</sup>. London
- The Guide to Complementary and Alternative Medicine on the Internet By Lillian R.Brazin 2004, The Haworth Information press, NY
- Complementary and Alternative Veterinary Medicine Considered By David W Ramey & Bernard E Rollin. 2004 Iowa State Press, Iowa
- Integrative Medicine By Benjamin Kligler & Roberta Lee.2004. The McGraw Hill Companies.
- The Scientific Basis of Integrative Medicine. By Leonard A. Wisneski & Lucy Anderson. 2005. The CRC Press. Boca Raton, FL, USA
- Alternative advisor: the complete guide to natural therapies & alternative treatments. Reference WB 890 A4663 1997
- Alternative health & medicine encyclopedia. Reference WB 890 M378a 1998
- Alternative medicine- what works: A comprehensive, easy-to-read review of the scientific evidence, pro & con. Reference WB 890 F958a 1997
- Complementary and alternative medicine: an evidence -based approach. Info Desk WB 890 C7365 2003
- Complementary and alternative medicine in rehabilitation. 5<sup>U</sup> floor WB 890 L629 2003

- Complementary and alternative medicine secrets. Reserve WB 18.2 C737 2002
- Fundamentals of complementary and alternative medicine. 5<sup>th</sup> floor WB 890 F981 2001
- Integrating complementary medicine into health systems. 5<sup>th</sup> Floor WB 890 16065 2001
- Integrative health care: complementary and alternative therapies for the whole person. 5<sup>th</sup> floor WB 890 S572i 2001
- Mosby's complementary & alternative medicine, a research - based approach, 5<sup>th</sup> floor WB 890 F855m 2004
- Practical dictionary of Chinese medicine Reference W 13 W 814p 2002
- Role of complementary and alternative medicine; accommodating Pluralism, 5<sup>th</sup> floor WB 890 R745 2002
- Textbook of complementary and alternative medicine. Reference WB 890 T355 2003

### **E-books**

- Integrative medicine. It provides the first definitive clinical reference, for the rapidly growing field of integrative medicine. Using a clinical, disease-oriented approach, integrative Medicine offers practical guidance for safely and effectively integrating complementary and alternative therapies into regular primary care practice. It covers therapies such as botanicals, supplements, mind-body, lifestyle choices, nutrition, exercise, spirituality, and more.
- Alternative Medicine Foundation. American Alternative Foundation Inc. Clearinghouse for CAM information and news, including the Herb Med database. Contains resource guides for a variety of CAM modalities
- Alternative Medicine Homepage, University of Pittsburgh Guide to CAM resource on the Internet Selected sites must meet the following criteria: 1) are authorized body for the CAM system; 2) provides quality information in an objective manner, 3) are resources for locating quality CAM literature; and 4) sites help individuals make Informed decisions

- Alternative Medicine Health Care Resources. McMaster University Mega-directory of CAM internet sites.
- NOAH (New York Online Access to Health): Complementary and Alternative Medicine. New York Academy of Medicine Library Information guide to CAM resources on the Web; includes sections on different CAM modalities.
- Cochrane Collaboration complementary Medicine Field University of Maryland School of Medicine Overview of the mission and activities of the Cochrane Collaboration Complementary Medicine Field includes links to the Complementary Medicine Field Newsletter, Complementary Medicine Reviews & Protocols and the Cochrane controlled Trials Registry.
- Educational Development for Complementary and Alternative Medicine (EDCAM) Curriculum Resources American Medical Student Association (AMSA)-Included are topical descriptions, research summaries; references in books, journals, and Newsletters; audiovisual materials, web-sites with commentary; suggested reading lists; And reference to CAM courses at other health professional programs
- Holistic Kids. Center for Holistic Pediatric Education and Research This web site provides information on diverse Complementary and Alternative Medicines, local practitioners practicing CAM in the Boston area, resources available to providers, and other useful tools for learning about CAM
- Nutrition.gov. Clearinghouse for nutritional information put out by US government Agencies; includes food facts and safety, health management and lifecycles issues

### **Government [INTERNATIONAL-US BASED]**

- National Center for Complementary and Alternative Medicine- NCCAM National Institutes of Health. Supports rigorous research on CAM with a focus on research, training/career development, outreach, and integration of CAM practices in to conventional medicine Contains information on training, clinical trials, treatments, and alerts/ advisories

- Bed Watch U.S. Food and Drug Association FDA medical product reporting program. Contains safety information and ways of reporting adverse effects of herbs, nutraceuticals, prescription and over-the counter medication
- MEDLINE plus. Alternative Medicine. Contains overviews and research articles on various CAM modalities, including; acupuncture, chiropractic, naturopathy and homeopathy.
- Nutrition gov. Clearinghouse for nutritional information put out government agencies; includes food facts and safety, health mana and lifecycle issues.
- Office of Cancer Complementary and Alternative Medicine-OCCAM National Cancer Institute Coordinates the activities of the National Cancer Institute (NCI) in the arena of complementary and alternative medicine. Information on clinical trials, funding opportunities, and general CAM is provided.
- Office of Dietary Supplements- ODS National Institute of Health Supports research and disseminates research results in the area of dietary supplements. Also provides advice to other Federal agencies regarding research results related to dietary supplements. Responsible for the International Bibliographic Information on dietary Supplements (IBIDS) database
- Health finder® U S Department of Health and Human Services Searchable guide to reliable consumer health information from the Federal Government.
- Food and Nutrition Information Center-FNIC. U.S Department of Agriculture Collects and disseminates information about food and human nutrition. Contains information on dietary supplements, food composition, and dietary guidelines.