

A Gaia Busy Person's Guide to Massage by Eileen Bentley. Toronto: McArthur, 2003

This handy guide provides simple massage techniques which can be self-administered or done on others. The clearly described and illustrated sequences help eliminate tension and tiredness, as well as boosting energy and improving concentration.

Availability for Loan:

EG 610 B36 2003 Health Information & Wellness Centres, both locations
615.822 BEN Toronto Public Library System

COMMUNITY RESOURCES

Acupuncture Foundation of Canada

416-752-3988

The Canadian Chiropractic Association

416-781-5656

The Canadian Naturopathic Association

416-496-8633

Canadian Reiki Association

1-800-835-7525

Reflexology Association of Canada

1-877-722-3338

FACT (Friends of Alternative and Complementary Therapies)

416-299-5113

CONTACT

Health Information & Wellness Centres

Trillium Health Centre - Mississauga

100 Queensway West
Mississauga L5B 1B8
905-848-7511

Trillium Health Centre - West Toronto

150 Sherway Drive
Toronto M9C 1A5
416-521-4187

Email: hiwc@thc.on.ca

<http://www.trilliumhealthcentre.org/health>

Mississauga Library System

905-615-3500 (for book locations)

<http://www.mississauga.ca/portal/residents/library>

Toronto Public Library

416-393-7131 (for book locations)

<http://www.torontopubliclibrary.ca>

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources.

HealthFinders are also available through our web site at

<http://www.trilliumhealthcentre.org/health>

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Life. We're in it together.

Complementary and Alternative Medicine



INTERNET SITES

National Center for Complementary and Alternative Medicine <http://nccam.nih.gov>

NCCAM is part of the National Institutes of Health in the United States. It is dedicated to exploring complementary and alternative practices in the context of rigorous science, and providing authoritative information for the public and professionals. Click on A – Z Index of Health topics to access extensive information different types of therapy.

The Alternative Medicine Homepage <http://www.pitt.edu/~cbw/altm.html>

This site is maintained by the University of Pittsburgh Health Sciences Library and is an excellent collection of links to reputable sources of information on various types of complementary and alternative therapies. A list of mailing lists and newsgroups is a useful feature.

HerbMed <http://www.herbmed.org>

Herbmed is an interactive electronic database which provides access to authoritative scientific data regarding the use of herbs for health. The site provides free access to 20 of the more common herbal remedies, and an even wider selection is available by subscription.

New York Online Access to Health (NOAH) <http://tinyurl.com/22saf56>

NOAH is maintained by a consortium of libraries in New York City, and provides an excellent collection of resources in the area of consumer health. The section on complementary and alternative medicine provides access to numerous articles and fact sheets, arranged by type of therapy.

BOOKS

Mayo Clinic Book of Alternative Medicine
Rochester, MN: Mayo Foundation for Medical Education and Research, 2007.

This attractively laid out and illustrated book provides up-to-date information on a variety of alternative therapies. Mayo Clinic doctors assess the proven effectiveness of complementary and alternative medicine and advise when its use is appropriate.

Availability for loan:

EG 100 B28 2007 Health Information and Wellness Centre, both locations
615.5 CRE Toronto Public Library System
What Works What Doesn't: the Guide to Alternative Healthcare by Pat Thomas.
Dublin: Newleaf, 2002.

This book aims to provide the consumer with trustworthy information regarding the efficacy of practices such as herbal medicine, homeopathy, massage and other alternative therapies. Medical and scientific studies are fully referenced.

Availability for loan:

EG 100 T46 2002 Health Information and Wellness Centre, both locations

Naturopathic Nutrition by Abram Hoffer and Jonathan Prousky. Toronto: CCNM Press, 2006.

This is a practical guide which describes an optimum diet of nutrient-rich food and supplements for better health. It features an analysis of the nutrient content of common foods, as well as case study accounts of nutritional treatment of many illnesses.

Availability for loan:

EG 410 H63 2006 Health Information and Wellness Centre, both locations

Alternative Medicine: a Special Health Report from Harvard Medical School Boston, MA: Harvard Medical School, 2001

This report aims to provide authoritative information both for people already using complementary therapies and those who are considering their use. Topics include diet, herbs, chiropractic, acupuncture and hypnosis.

Availability for loan:

EG 100 H27 2001 Health Information & Wellness Centre, both locations

Find Peace with Tai Chi by Robert Parry. London, UK: Hodder, 2010

The practice of Tai Chi produces both physical and mental benefits and helps people lead a more balanced, healthy life. The book explains the origins and basic ideas of this ancient practice, and is packed with simple, well illustrated exercises suitable for the beginner.

Availability for loan:

EG 754 P27 2010 Health Information & Wellness Centre, both locations
613.7148 PAR Toronto Public Library System

Yoga Therapy by A.G. and Indra Mohan. Boston: Shambhalla, 2004

This is an essential guide for those who wish to make therapeutic use of yoga. The authors describe postures, breathing techniques, and Ayurvedic diet principles for a variety of common health problems. The book is well illustrated throughout.

Availability for loan:

EG 740 M64 2004 Health Information and Wellness Centre, both locations
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613.7046 MOH Toronto Public Library System