

## COMPLEMENTARY/ALTERNATIVE WEBSITES & INFORMATION

### [A Cancer Patient's Guide to Complementary and Alternative Medicine, 2nd edition](#)

#### THE ANNIE APPLESEED PROJECT

[www.annieappleseedproject.org/](http://www.annieappleseedproject.org/). The Annie Appleseed Project acts to spread news, views and information about access to alternative and complementary cancer therapies.

#### BREAST CANCER- BREAST HEALTH

[www.breasthealthcancerprevention.com](http://www.breasthealthcancerprevention.com). For women who want to maintain breast health and for women diagnosed with breast cancer. This site is designed with the purpose of empowering women in their health care choices.

#### EMBODIWORKS

[www.embodiworks.org](http://www.embodiworks.org). We educate and empower people affected by cancer. Learn about integrative cancer care for the whole person. Body, Mind, Spirit, Social, Environmental. Navigate our resources for top tools and tips.

#### M. D. ANDERSON CANCER CENTER'S

Complementary/Integrative Medicine Education Resources [www.mdanderson.org/cimer](http://www.mdanderson.org/cimer). An increasing number of patients are turning to complementary therapies as part of their overall cancer treatment plan. The Internet has thousands of websites that claim their products can help cure or ease cancer symptoms, treatment-related side effects, or even prevent cancer. This web site contains evidence-based reviews of complementary or alternative cancer therapies as well as links to other authoritative resources. These reviews evaluate the designs and the results of published research on herbal, mind-body, energy, nutrition, and other biological/organic/pharmacological (e.g., cartilage) substances.

#### NATURAL SOLUTIONS

[www.naturalsolutionsmag.com](http://www.naturalsolutionsmag.com). Articles and a directory of alternative and integrative physicians worldwide. Here you will find books, articles and news related to health and the environment.

#### TOWNSEND LETTER FOR DOCTORS & PATIENTS

[www.townsendletter.com](http://www.townsendletter.com). Townsend Letter for Doctors & Patients publishes a print magazine about alternative medicine. It is written by researchers, health practitioners and patients. As a forum for the entire alternative medicine community, we present scientific information (pro and con) on a wide variety of alternative medicine topics.

#### RAY PEAT

[www.efn.org/~raypeat/](http://www.efn.org/~raypeat/). Dr. Raymond Peat is a world class expert on hormones, especially female hormone problems, and the toxic side effects of drugs and many popular supplements. If you want to know the truth about the toxic side effects of estrogen in all of its forms and about the many health benefits of progesterone, this site is a must. He is an expert on hypothyroidism. Dr. Peat holds a patent on an oral progesterone formula, the only one available.

#### SAVVY PATIENTS- INTEGRATIVE

<http://www.savvypatients.com>. Information from mainstream and Alternative medicine