The purpose of this update on integrative medicine is to inform healthcare professionals, researchers, funders and policy-makers about developments in traditional medicine (TM), complementary medicine (CAM) and integrative medicine (IM). The update provides links to new material published or released as well as links to classic resources on these topics.

1. CAM in Europe: Findings of the CAMbrella Project

A special edition of the journal “Forschende Komplementärmedizin / Research in Complementary Medicine” has been published, containing reports from the CAMbrella project.

**Insights into the Current Situation of CAM in Europe: Major Findings of the EU Project CAMbrella**

Forschende Komplementärmedizin / Research in Complementary Medicine
Vol. 19, Suppl. 2, 2012
Issue release date: November 2012

**Table of Contents:**
- Editorial: CAMbrella – Complementary Medicine Research in Europe
- Guest Editorial: CAMbrella – a Pan-European Research Network for Complementary and Alternative Medicine: From the Beginnings up to First Results
- Towards a Pan-European Definition of Complementary and Alternative Medicine – a Realistic Ambition?
- What Attitudes and Needs Do Citizens in Europe Have in Relation to Complementary and Alternative Medicine?
- A Systematic Literature Review of Complementary and Alternative Medicine Prevalence in EU
- Legal Status and Regulation of Complementary and Alternative Medicine in Europe
- Complementary and Alternative Medicine Provision in Europe – First Results Approaching Reality in an Unclear Field of Practices
- International Development of Traditional Medicine / Complementary and Alternative Medicine Research – What Can Europe Learn?
- Key Issues in Clinical and Epidemiological Research in Complementary and Alternative Medicine – a Systematic Literature Review
- Building a Sustainable Complementary and Alternative Medicine Research Network in Europe

The paper on developing a pragmatic definition of CAM in Europe, “Towards a Pan-European Definition of Complementary and Alternative Medicine in Europe”, is a very useful read. See [http://www.karger.com/Article/Abstract/343812](http://www.karger.com/Article/Abstract/343812)
2. CAM to be integrated in public hospital care in Paris


“The Paris hospitals have adopted a strategic plan to include, evaluate and integrate CAM in their services. ... Dr. Catherine Viens-Bitker, [brought] the news from France that the „Assistance Publique – Hospitaux de Paris (AP-HP) will include CAM services in their routine care programmes.”

“Dr. Catherine Viens-Bitker was in charge of the report and is now heading the implementation process. .... While many patients, especially those with chronic conditions use CAM in private practices in the city, the hospitals have no structured knowledge about the possible benefits of these treatments. And while many health professionals have included CAM practices in their personal professional portfolio, the public hospital system does not profit from this expertise. The plan is to develop CAM in the Parisian hospitals along four lines: best practices, research, TCM and occupational health.”

The “Assistance Publique – Hospitaux de Paris” is the organisational body for the public hospitals of the City of Paris. It is the largest hospital system in Europe, about 90,000 health professionals work in it and receive about 4.5 million patients visits per year.”

3. US Spending on CAM Plateaued in the Period 2002–08

**US Spending On Complementary and Alternative Medicine During 2002–08 Plateaued, Suggesting Role In Reformed Health System**

By Matthew A. Davis, Brook I. Martin, Ian D. Coulter and William B. Weeks
Health Affairs, January 2013 vol. 32 no. 1, pages 45-52
[http://content.healthaffairs.org/content/32/1/45.abstract?ct](http://content.healthaffairs.org/content/32/1/45.abstract?ct)

**Abstract:**

“Complementary and alternative medicine services in the United States are an approximately $9 billion market each year, equal to 3 percent of national ambulatory health care expenditures. Unlike conventional allopathic health care, complementary and alternative medicine is primarily paid for out of pocket, although some services are covered by most health insurance.

Examining trends in demand for complementary and alternative medicine services in the United States reported in the Medical Expenditure Panel Survey during 2002–08, we found that use of and spending on these services, previously on the rise, have largely plateaued. The higher proportion of out-of-pocket responsibility for payment for services may explain the lack of growth.

Our findings suggest that any attempt to reduce national health care spending by eliminating coverage for complementary and alternative medicine would have little impact at best. Should some forms of complementary and alternative medicine—for example, chiropractic care for back pain—be proven more efficient than allopathic and specialty medicine, the inclusion of complementary and alternative medicine providers in new delivery systems such as accountable care organizations could help slow growth in national health care spending.”
4. Prince of Wales on Integrated Health and Post-modern Medicine

The Journal of the Royal Society of Medicine featured an editorial by HRH, The Prince of Wales. It is the first time the Prince of Wales has had an article published in a medical journal.

**Integrated health and post-modern medicine**

By HRH, The Prince of Wales

Journal of the Royal Society of Medicine

Published online before print 21 December 2012

[http://jrsrn.rsmjournals.com/content/105/12/496.full](http://jrsrn.rsmjournals.com/content/105/12/496.full)

An extract from the beginning of the paper:

“For many years, I have advocated an integrated approach to medicine and health. By integrated medicine, I mean the kind of care that integrates the best of new technology and current knowledge with ancient wisdom. More specifically, perhaps, it is an approach to care of the patient which includes mind, body and spirit and which maximizes the potential of conventional, lifestyle and complementary approaches in the process of healing.” [emphasis added]

“Integrated health, on the other hand, represents an approach to individual and population health which respects and includes all health-related areas, such as the physical and social environment, education, agriculture and architecture. I know that this is a somewhat wider definition of integration than commonly used, but I want to argue that a successful health service needs to embrace this broader and more complex concept of integration.” [emphasis added]

“I hasten to say that the point of this article is not to confront accepted medical wisdom, but merely to suggest that there is a case for reaching beyond it ....”

“Exactly 30 years ago, in a speech to the British Medical Association (BMA), I quoted George Engel, who wrote ‘A Modern Science of medicine still tends to be based on the notion of the body as a machine, of disease as the consequence of breakdown of the machine, and of the doctor's task as repair of the machine’.”

“I fear that what was true 30 years ago remains equally true today. It is why for a rather long time now, and not without criticism from some quarters, I have been attempting to suggest that it might be beneficial to develop truly integrated systems of providing health and care. That is, not simply to treat the symptoms of disease, but actively to create health and to put the patient at the heart of this process by incorporating those core human elements of mind, body and spirit.”

5. African Traditional Health Practitioners Council Inaugurated

“The inauguration of the Interim Traditional Health Practitioners Council [on 11 February 2013] is a historic occasion and a significant milestone towards integrating African Traditional Medicine into the National Health System in South Africa.”

It is unusual to find journal articles on the practice of traditional medicine. This one is particularly useful for those who wish to understand more about African Traditional Medicine. The article is written by David Cumes, MD, who received his surgical training in Johannesburg and has taught at Stanford Medical Center. He spent time with the Bushmen and shamans in Peru and South Africa and was initiated as a sangoma in South Africa in 2002.

South African Indigenous Healing: How It Works
Explore: The Journal of Science and Healing
Volume 9, Issue 1, Pages 58-65, January 2013
http://www.explorejournal.com/article/S1550-8307%2812%2900225-X/fulltext

Abstract:

“Sangomas or inyangas are shamans, healers, priests, and prophets that have been the backbone of Bantu communities, especially in the rural areas of Southern Africa for eons. ... Indigenous knowledge has always been transmitted orally, and there is little written down about the secret traditions of initiation. ...

Most sub-Saharan African peoples believe in the importance of the ancestors being able to guide events, and they revere them because they have this power. ... Since sangoma wisdom is an oral tradition the individual's initiation will depend on the mentor and the spirit guides involved. That particular sangoma's healing repertoire will be somewhat different to another though the principles remain the same. The ancestors find the most efficient way to impart the information so that the healer can do the work. The way in which they transmit the knowledge will be unique to that person's receptivity and talents.

... One has to put cognitive, left-brained intellect aside. ... The sangoma or inyanga has a lot to teach the West about the spirit world and our ancestral roots. Science has put us in touch with a magical universe of technology. We may be technically advanced, but when it comes to psychospiritual wizardry we are really only beginners.”

6. IBIS Database Made Freely Available

Source: John Weeks

“One of the earliest clinician-oriented electronic databases, IBIS (Integrative BodyMind Information System) has been made available free to all interested parties. The program has been updated from its founding 20 years ago in the dark ages of the internet by a visionary team at MedicineWorks.com led by Mitchell Stargrove, ND, LAc, co-author of Herb, Nutrient and Drug Interactions. A multidisciplinary team of 74 contributors, weighted toward naturopathic doctors, participated in content development.”

“Comment [by John Weeks]: Stargrove was given the Vis Medicatrix Naturaee award by his national professional association in 2012, signifying his contributions to enhancing respect for the healing power of nature, the core precept in naturopathic philosophy. Stargrove and his clinician wife and partner Lori Beth Stargrove, ND, LAc, have been remarkable in the database world for their clinician-centric and patient-centric approaches. They were among the first, for instance, to shape content around the clinical experience that many "interactions" are not, in fact, negative. ...."

The software can be obtained from: http://www.ouribis.com/
7. Forthcoming Conferences

A new conference added is the 6th European Congress for Integrative Medicine, to be held in October 2013 in Berlin. Later the same month, the inaugural International Congress for Clinicians in Complementary and Integrative Medicine will be held in Chicago in the USA. More information is now available on the conference planned for May 2014 in Florida.

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<th>Date</th>
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<td>18 – 24 March 2013</td>
<td>Baltimore, USA</td>
<td>ISCMR Research Methodology Training in cooperation with the Institute for Integrative Health.</td>
<td><a href="http://tiih.org/research-methods">http://tiih.org/research-methods</a></td>
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8. Books

**Integrative Medicine, Third Edition**
Expert Consult Premium Edition with Enhanced Online Features
By Dr. David Rakel
Publication Date: May 2012

“Integrative Medicine, by Dr. David Rakel, provides the practical, evidence-based guidance you need to safely and effectively integrate complementary and alternative medical treatments into your practice. This medical reference book lays the framework for making the best use of these therapeutic modalities and understanding the mechanisms by which these interventions work, keeping you at the forefront of the trend toward integrative health care. ... Access the full text, image bank, downloadable Patient Education Guides, and video collections online at [www.expertconsult.com](http://www.expertconsult.com).”
9. Journals

The first time a journal is listed, the contents of that edition will be given in full to give readers a sense of the scope of the publication. For subsequent editions, only some articles may be highlighted. Earlier editions of this newsletter are available from http://www.hsci.canterbury.ac.nz/enzcam/

**African Journal of Traditional, Complementary and Alternative medicines (AJTCAM)**
[First listed in ENZCAM Newsletter October 2011]
**Volume 10, Number 2: January 2013**
http://journals.sfu.ca/africanem/index.php/ajtcam/issue/view/77

Selected articles:
- Temperament Determination for Melatonin: a bridge From Iranian traditional to modern sleep medicine
- Medicinal Formulations of a Kanda Tribal Healer – a tribe on the verge of disappearance in Bangladesh
- Herbal therapies used by hypertensive patients in Turkey
- Medicinal plants used for the treatment of tuberculosis by Bapedi Traditional Healers in three districts of the Limpopo province, South Africa
- A randomized, double-blind, placebo-controlled trial of a Chinese herbal Sophora flower formula in patients with symptomatic haemorrhoids: a preliminary study
- Ethnobotanical study of medicinal plants used by Kurd Tribe in Dehloran and Abdanan districts, Ilam province, Iran

**Alternative and Complementary Therapies**
[First listed in ENZCAM Newsletter Q1 2011]
**Volume 19, Number 1: February 2013**
http://online.liebertpub.com/toc/act/19/1

Selected articles:
- Roundoc Rx: Using Nutraceuticals to Complement Drug Treatments
- Natural Approaches for Postpartum Support
- Complementary Therapy Use Among Australians with Type 2 Diabetes or Cardiovascular Disease
- Night Sweats in Perimenopause and Beyond
- Sugar Alternatives and Their Effects on Health
- Making the Case for Corporate Wellness: Interventions Benefit Employees and Bottom Line
- An Integrative Approach to Colon Cancer: A Natural Standard Monograph
- Clinical Roundup: Selected Treatment Options for Chronic Musculoskeletal Pain

**BMC Complementary and Alternative Medicine**
[First listed in ENZCAM Newsletter September 2011]
**January and February 2013**
http://www.biomedcentral.com/bmccomplementalternmed/content
Selected articles:
- The prevalence of traditional herbal medicine use among hypertensives living in South African communities
- Complementary and alternative medicine utilization by a sample of infertile couples in Jordan for infertility treatment: Clinics-Based Survey
- The eCALM Trial-eTherapy for cancer applying mindfulness: online mindfulness-based cancer recovery program for underserved individuals living with cancer in Alberta: protocol development for a randomized wait-list controlled clinical trial
- Efficacy and safety of Suanzaoren decoction for primary insomnia: a systematic review of randomized controlled trials
- Characteristics of users and implications for the use of complementary and alternative medicine in Ghanaian cancer patients undergoing radiotherapy and chemotherapy: a cross-sectional study
- Current challenges and future directions for naturopathic medicine in Australia: a qualitative examination of perceptions and experiences from grassroots practice
- The biomechanical demands of standing yoga poses in seniors: The Yoga empowers seniors study (YESS)

Complementary Therapies in Clinical Practice
[First listed in ENZCAM Newsletter June 2011]
**Volume 19, Number 1: February 2013**

Selected articles:
- Acupuncture and in vitro fertilization: Critique of the evidence and application to clinical practice
- Tai chi/yoga reduces prenatal depression, anxiety and sleep disturbances
- Is craniosacral therapy effective for migraine? Tested with HIT-6 Questionnaire
- Effects of honey, sucrose and glucose on blood glucose and C-peptide in patients with type 1 diabetes mellitus
- Integrative medicine outcomes: What should we measure?
- Neuromuscular electrical stimulation for muscle strengthening in elderly with knee osteoarthritis – A systematic review
- A comparison of decision-making processes for conventional and complementary medicine in cancer patients
- A narrative review of maternal physical activity during labour and its effects upon length of first stage
- Reiki training for caregivers of hospitalized pediatric patients: A pilot program

Complementary Therapies in Medicine
[First listed in ENZCAM Newsletter May 2011]
**Volume 21, Number 1: February 2013**
[http://www.complementarytherapiesinmedicine.com/issues](http://www.complementarytherapiesinmedicine.com/issues)

Selected articles:
- Strain–counterstrain to treat restrictions of the mobility of the cervical spine in patients with neck pain—A sham-controlled randomized trial
- Efficacy of cranial electric stimulation for the treatment of insomnia: A randomized pilot study
• “More than I expected”: Perceived benefits of yoga practice among older adults at risk for cardiovascular disease
• How patients choose osteopaths: A mixed methods study
• Naturopaths and Western herbalists’ attitudes to evidence, regulation, information sources and knowledge about popular complementary medicines
• The role of acupuncture in emergency department settings: A systematic review
• Looking outside the square: The use of qualitative methods within complementary and alternative medicine—The movement towards rigour
• Conference Report: Complementary therapies for treating alcoholism

The EPMA Journal
[First listed in ENZCAM Newsletter December 2011]
January and February 2013
http://www.epmajournal.com/

Selected articles:
• Can we prevent or treat multiple sclerosis by individualised vitamin D supply?
• Targeted therapies in colorectal cancer—An integrative view by PPPM
• Multi-parameter systematic strategies for predictive, preventive and personalised medicine in cancer
• Women’s higher health risks in the obesogenic environment: a gender nutrition approach to metabolic dimorphism with predictive, preventive, and personalised medicine
• Pitfalls and limitations in translation from biomarker discovery to clinical utility in predictive and personalised medicine
• Risk assessment, disease prevention and personalised treatments in breast cancer: is clinically qualified integrative approach in the horizon?

Evidence-Based Complementary and Alternative Medicine (eCAM)
[First listed in ENZCAM Newsletter July 2011]
Published January and February 2013
http://www.hindawi.com/journals/ecam/2013/

Selected articles:
• Blinding Measured: A Systematic Review of Randomized Controlled Trials of Acupuncture
• Acupuncture or Acupressure at the Sanyinjiao (SP6) Acupoint for the Treatment of Primary Dysmenorrhea: A Meta-Analysis
• Massage Therapy for Neck and Shoulder Pain: A Systematic Review and Meta-Analysis
• A Randomized Clinical Trial of Auricular Point Acupressure for Chronic Low Back Pain: A Feasibility Study
• Electroacupuncture Modulates Reproductive Hormone Levels in Patients with Primary Ovarian Insufficiency: Results from a Prospective Observational Study
• Metabolic Syndrome and Inflammation: A Critical Review of In Vitro and Clinical Approaches for Benefit Assessment of Plant Food Supplements
• Ethnopharmacological Approaches to Wound Repair
• Medical Yoga for Patients with Stress-Related Symptoms and Diagnoses in Primary Health Care: A Randomized Controlled Trial
• Ginkgo biloba Extract for Patients with Early Diabetic Nephropathy: A Systematic Review
• A Systematic Review of the Efficacy of Centella asiatica for Improvement of the Signs and Symptoms of Chronic Venous Insufficiency
• Replacements of Rare Herbs and Simplifications of Traditional Chinese Medicine Formulae Based on Attribute Similarities and Pathway Enrichment Analysis
• Integrating Traditional Chinese Medicine Services in Community Health Centers: Insights into Utilization Patterns in the Pearl River Region of China
• Botulinum Toxin for the Treatment of Myofascial Pain Syndromes Involving the Neck and Back: A Review from a Clinical Perspective
• Effects of Aromatherapy on the Anxiety, Vital Signs, and Sleep Quality of Percutaneous Coronary Intervention Patients in Intensive Care Units
• Acupuncture for Spinal Cord Injury and Its Complications: A Systematic Review and Meta-Analysis of Randomized Controlled Trials
• Use of Herbal Dietary Supplement Si-Wu-Tang and Health-Related Quality of Life in Postpartum Women: A Population-Based Correlational Study
• Chinese Herbal Medicine and Depression: The Research Evidence
• Use of Medicinal Plants and Natural Products for Treatment of Osteoporosis and Its Complications, Ima Nirwana Soelaiman
• Acupuncture for Posttraumatic Stress Disorder: A Systematic Review of Randomized Controlled Trials and Prospective Clinical Trials
• Cost Analysis of Integrative Inpatient Treatment Based on DRG Data: The Example of Anthroposophic Medicine
• Effects of Aroma Massage on Home Blood Pressure, Ambulatory Blood Pressure, and Sleep Quality in Middle-Aged Women with Hypertension
• The Effects of Integrative In-Patient Treatment on Patients’ Quality of Life: A Meta-Analysis,
• The Effects of Qigong on Anxiety, Depression, and Psychological Well-Being: A Systematic Review and Meta-Analysis
• Add-On Effect of Chinese Herbal Medicine on Mortality in Myocardial Infarction: Systematic Review and Meta-Analysis of Randomized Controlled Trials
• Objectifying Specific and Nonspecific Effects of Acupuncture: A Double-Blinded Randomised Trial in Osteoarthritis of the Knee

**Explore: The Journal of Science and Healing**  
[First listed in ENZCAM Newsletter May 2011]

**Volume 9, Number 1: January 2013**  
[http://www.explorefoljournal.com/issues](http://www.explorefoljournal.com/issues)

Selected articles:
• Unbroken Wholeness: The Emerging View of Human Interconnection
• American College of Preventive Medicine Named as National Coordinating Center for Integrative
• Further Possible Physiological Connectedness Between Identical Twins: The London Study
• A Randomized, Controlled, Double-Blind Pilot Study of the Effects of Cranial Electrical Stimulation on Activity in Brain Pain Processing Regions in Individuals with Fibromyalgia
• Treating Pediatric Psychogenic Dizziness with a Japanese Herbal Medicine
• Qualitative and Quantitative Evaluation of a Pilot Integrative Coping and Resiliency Program for Healthcare Professionals
• An Integrative Approach toInterstitial Cystitis
• South African Indigenous Healing: How It Works
Integrative Cancer Therapies
[First listed in ENZCAM Newsletter April 2011]
Volume 12, Number 1: January 2013
http://ict.sagepub.com/content/12/1?etoc

Selected articles:
- Significance of Natural Product Interactions in Oncology
- Green Tea and Lung Cancer: A Systematic Review
- The Impact of Healing Touch on Pediatric Oncology Patients
- Increased Mindfulness Is Related to Improved Stress and Mood Following Participation in a Mindfulness-Based Stress Reduction Program in Individuals With Cancer
- Influence of Chinese Medicine on Weight Loss and Quality of Life During Radiotherapy in Head and Neck Cancer
- Evidence That Naturopathic Therapy Including Cordyceps sinensis Prolongs Survival of Patients With Hepatocellular Carcinoma
- Religion, Spirituality, and Cancer: The Question of Individual Empowerment

Journal of Evidence-Based Complementary & Alternative Medicine
[First listed in ENZCAM Newsletter April 2011]
Volume 18, Number 1: January 2013
http://chp.sagepub.com/content/18/1.toc

Selected articles:
- Yoga as an Alternative and Complementary Therapy for Patients Suffering From Anxiety: A Systematic Review
- Yoga as an Alternative and Complementary Treatment for Patients With Low Back Pain: A Systematic Review
- Tai Chi as an Alternative or Complementary Therapy for Patients With Depression: A Systematic Review
- Role of Dietary Advanced Glycation End Products in Diabetes Mellitus
- Traditional Medicinal Plants: A Source of Phytotherapeutic Modality in Resource-Constrained Health Care Settings
- Evidence-Based Practice and Chiropractic Care

The Journal of Alternative and Complementary Medicine
[First listed in ENZCAM Newsletter Q1 2011]
Volume 19, Number 1: January 2013
http://online.liebertpub.com/toc/acm/19/1

Selected articles:
- Adoption in China of Clinical Practice Guidelines for Hypertension Using Traditional Chinese Medical Approaches: A Literature Review Based on Clinical Studies
- Effect of Acute Acupuncture Treatment on Exercise Performance and Postexercise Recovery: A Systematic Review
- Tension Tamer: Delivering Meditation With Objective Heart Rate Acquisition for Adherence Monitoring Using a Smart Phone Platform
Selected articles:
- Pain Research in Complementary and Alternative Medicine in Australia: A Critical Review
- A Pilot Study of Qigong for Reducing Cocaine Craving Early in Recovery
- Earthing (Grounding) the Human Body Reduces Blood Viscosity—a Major Factor in Cardiovascular Disease
- Expert Consensus on the Treatment of Rheumatoid Arthritis with Chinese Patent Medicines
- Homeopathic Treatment of Migraine in Children: Results of a Prospective, Multicenter, Observational Study
- Evaluation of Biofield Treatment Dose and Distance in a Model of Cancer Cell Death
- Prevalence and Predictors of Selenium and Vitamin E Supplementation in a Urology Population
- Indirect Moxibustion (CV4 and CV8) Ameliorates Chronic Fatigue: A Randomized, Double-Blind, Controlled Study
- Management of Influenza-Like Illness by Homeopathic and Allopathic General Practitioners in France During the 2009–2010 Influenza Season
- Effects of a Holistic Yoga Program on Endocrine Parameters in Adolescents with Polycystic Ovarian Syndrome: A Randomized Controlled Trial
- Effects of a Homeopathic Combination Remedy on the Acute Stress Response, Well-Being, and Sleep: A Double-Blind, Randomized Clinical Trial

10. Clinical Integration of TM/CAM

NCCAM Clinical Digest
Produced by the National Center for Complementary and Alternative Medicine (NCCAM) in the USA.

January 2013: Five Most Searched-For Herbs of 2012
http://nccam.nih.gov/health/providers/digest/topsupplements

“In 2012, over 3 million visitors came to NCCAM’s Web site seeking information on complementary health approaches. Though many people were looking for information on particular health topics or specific modalities like acupuncture, yoga, and meditation, the majority was seeking information on specific herbs and botanicals.” The five most searched-for herbs were:
- Evening Primrose Oil
- St. John’s Wort
- Fenugreek
- Echinacea
- Aloe Vera.
February 2013: High Cholesterol and Complementary Health Practices

http://nccam.nih.gov/health/providers/digest/cholesterol

“Approximately 13 percent of U.S. adults has high total cholesterol. Lowering cholesterol levels can slow down, reduce, or even stop plaque from building up in the walls of arteries and may decrease the chance of having a heart attack. Mainstays in treating high cholesterol include diet, weight loss, physical activity, and when necessary, drug treatment.

According to the 2007 National Health Interview Survey, high blood cholesterol is one of the top 10 conditions prompting use of complementary health practices among adults. This issue provides information on "what the science says" about the effectiveness and safety of several dietary supplements reportedly used by people with high cholesterol, including red yeast rice, flaxseed and flaxseed oil, and garlic.”

Produced for ENZCAM by
Heather McLeod and Ray Kirk

5 March 2013

New Zealand Centre for Evidence-based Research into Complementary and Alternative Medicine (ENZCAM)

ENZCAM is based within the Health Sciences Centre, University of Canterbury, Christchurch, New Zealand. The Centre was established in 2005 with the aim to research the efficacy and safety of Complementary and Alternative Medicine (CAM), with a particular focus on CAM in the New Zealand setting. The centre acts as a focal point to develop novel research ideas in the field of CAM and foster partnerships with researchers both within New Zealand and overseas.

http://www.hsci.canterbury.ac.nz/enzcam/

As the purpose of this series is to put in the public domain material and evidence that will progress the integration of complementary medicine into health systems, we would be delighted if you make use of it in other research and publications. All material produced for ENZCAM and made available on the web-site may be freely used, provided the source is acknowledged. The material is produced under a Creative Commons Attribution-Noncommercial-Share Alike licence.

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