

TEXTBOOK OF  
COMPLEMENTARY  
AND  
ALTERNATIVE  
MEDICINE

Second Edition

Editors

Chun-Su Yuan

Eric J Bieber

and

Brent A Bauer

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# TEXTBOOK OF COMPLEMENTARY AND ALTERNATIVE MEDICINE

## Second Edition

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AND ALTERNATIVE MEDICINE**

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*Notice to readers: Our knowledge of medicine is constantly changing as a result of new developments. The editors, authors, and publishers have taken every care to provide updated information compatible with standards at the time of publication, but cannot be responsible for any omissions or inadvertent errors, nor can they warrant that the work is accurate in every respect. The readers are advised to consult with their health-care professionals before the use of any complementary and alternative therapies.*

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# Preface

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Complementary and alternative medicine (CAM) comprises those health-care practices that are not currently considered an integral part of conventional therapies. People who use CAM therapies do so for a variety of reasons. Many are seeking ways to improve their health and well-being. Some use CAM as a means to increase a sense of control over health care. Others use CAM to relieve the side-effects of conventional treatments. Yet many of the therapies and modalities being chosen have not been adequately studied. In many cases, the potential benefits and risks remain only partially understood.

Thus, we recognize the need to study CAM therapies to determine which are safe and effective and which might lack efficacy or be harmful. Fortunately, many CAM studies have been undertaken with increasing regularity in the past ten years. These studies have begun to answer many of the questions raised about the most common therapies. However, patients and consumers have so far been unwilling to wait for science to ‘catch up’ by undertaking such studies. The popularity of CAM has risen sharply since the latter part of the twentieth century. This patient/consumer-driven movement affects all specialties of conventional medicine, influencing the decision making and practice of allopathic physicians. Often, medical professionals do not have an adequate background in CAM or they lack access to the growing body of evidence-based information that does exist. They are therefore unable to provide informed responses to CAM questions from their patients. It is vitally important for today’s medical professionals to have a

general working knowledge of CAM and a familiarity with the potential benefits and adverse effects of common CAM therapies. By being informed, physicians can then inform their patients. Informed patients will be empowered to make informed choices or to reject CAM modalities. A collaborative approach between physicians and patients is the key to ensuring that CAM fulfills its potential of restoring the body, mind, and spirit of patients.

The first edition of this book originated from a CAM course offered to medical students at the Pritzker School of Medicine at the University of Chicago, and other professional CAM meetings, organized by faculty members at the University of Chicago for the continuing medical education of practicing physicians. For this new edition, Dr Brent Bauer, Director of the Complementary and Integrative Medicine Program at Mayo Clinic, joined our editorial team. Encouraged by the reception given to the first edition, we prepared the second edition to incorporate the new research in the interim to continue to meet our readers’ needs. As a result, the second edition has added more than 30 new chapters. It is our intention to provide comprehensive, contemporary, and evidence-based CAM information in this text, which is designed for practicing physicians, medical students, other health-care professionals and interested individuals.

The work of this book was supported in part by NIH/NCCAM grants AT002176 and AT002445, and the Tang Foundation for Traditional Chinese Medicine Research.

Chun-Su Yuan  
Eric J. Bieber  
Brent A. Bauer

# Acknowledgments

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This text was born of our hope that you, the reader, will gain from the experience of its many contributors. We have attempted to cover broad areas, often including topics that may or may not be familiar, to present a sense of the current state of the art. The broadly defined field of complementary and alternative medicine (CAM) continues to expand at a rapid pace. Given that most physicians practicing today have not received formal training in CAM, we conceived this text both as a tool to develop a knowledge of CAM and as a reference for those who have experience in some areas of CAM.

The contributors have spent countless hours to provide current information. Without their input and energies this final product could not exist. We sincerely appreciate the time spent and the wisdom shared in bringing this project to fruition.

Many other individuals are also responsible for this text. We thank Nick Dunton, Head of Medical Publishing, Informa Healthcare, for his vision in seeing the

value in this project and his continuing desire to disseminate medical knowledge. Additionally, Pam Lancaster has spent countless hours with the editors in finalizing the text. We also thank Simon Harper for the cover design and Kate Lancaster for the original drawings.

Finally, we thank our families for allowing us to take time away from our precious minutes with them. To my parents, Chengye Yuan and Zhenkun Wang, my wife, Xiaoyu Wang, and daughter, Amanda, for your guidance and inspiration (CSY). To my wife, Edie, and my children, Brandon and Andrew, your untiring love has given me the support and enthusiasm to chase my dreams. To my parents, George and Audrey, and sister, Kris, your constant encouragement to pursue knowledge in a tireless fashion and an unrelenting belief in me as a human being laid the foundation for all that I have and will accomplish (EJB). To my mother, Nancee, my wife, Kristin, and my children, Jonathan, Elizabeth, and David, with love, respect, and gratitude (BAB).

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