

Alternative Therapies

Alternative Therapies for Anxiety

<i>Therapy</i>	<i>Best Evidence</i> *	<i>Probably Useful</i> †	<i>Least Evidence</i> ‡
Herbals	Valerian (150–300 mg t.i.d.; 1–3 ml of tincture t.i.d.); kava-kava (45–70 mg kavalactones t.i.d.); Saint John's Wort (300 mg t.i.d.).	Chamomile; hops; oats (oat straw); passion flower; peppermint; skullcap.	Aromatherapy.
Diet and Nutrition/Lifestyle	High potency multivitamin; exercise; eliminate caffeine, alcohol, tobacco, sugar.	Flaxseed oil (1 T/day); magnesium (200–300 mg t.i.d.); niacinamide (500 mg q.i.d.); phosphatidyl choline (4 g t.i.d.).	
Mind-Body Interventions	Biofeedback; cognitive-behavioral therapy; deep breathing; group therapy; hypnotherapy; meditation; relaxation response; spiritual healing.	Dance; music; qi gong; tai chi; yoga.	
Bioelectromagnetic Therapies Alternative Systems of Care	Craniostimulation; energy healing. Acupuncture; ayurveda.	<i>Homeopathic</i> : gelsemium 30C t.i.d.–q.i.d.; argentum nitricum 6C t.i.d.–q.i.d.; ignatia amara 6C t.i.d.–q.i.d.	Electrosleep.
Hands-On Healing Techniques	Massage.	Chiropractic.	Craniosacral therapy.

*Therapies with the highest degree of scientific support for efficacy and safety.

†Therapies that are often helpful but that do not have the highest degree of supporting evidence for efficacy and safety.

‡Therapies that may be useful but that have limited scientific evidence for efficacy and safety.

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SOURCE: Sierpina, VS: Integrative Health Care: Complementary and Alternative Therapies for the Whole Person, F.A. Davis, Philadelphia, 2000.

Alternative Therapies for Arthritis

Therapy	Best Evidence *	Probably Useful †	Least Evidence ‡
Herbals	Boswellia (150–400 mg t.i.d.); capsaicin (topically); ginger concentrate (500 mg t.i.d.).	White willow (60–120 mg/day salicin; 1–2 ml t.i.d. tincture).	Aromatherapy; devil's claw; horsetail; sea cucumber; yucca.
Diet and Nutrition/Lifestyle	Weight loss; exercise; vitamin C (500–1000 mg t.i.d.); vitamin E (400–800 IU/day).	Vitamin B ₃ (niacinamide): (1–3 g/day), check liver enzymes; boron 6 mg/day; omega-3 fatty acids (fish oil) 3 g/day.	Eliminate solanine from diet (found in nightshade plants: tomatoes, white potatoes, peppers [except black pepper], eggplant, tobacco); copper bracelet or supplement; D-phenylalanine; pantothenic acid; zinc.
Mind-Body Interventions	Cognitive-behavioral therapy.	Biofeedback; qi gong; relaxation; social support; tai chi; yoga.	Guided imagery; meditation; music.
Pharmacological and Biological Treatments	Glucosamine sulfate (500 mg t.i.d. or as single dose); S-adenosyl-L-methionine (SAMe) (400 mg t.i.d.).	Chondroitin sulfate (400 mg t.i.d.).	DMSO; chelation therapy; shark and bovine cartilage.
Bioelectromagnetic Therapies		Static magnet therapy; pulsed electromagnetic fields; TENS.	
Alternative Systems of Care	Acupuncture; acupressure; ayurveda; traditional Chinese medicine.		Homeopathy: <i>Gout</i> : nux vomica 6C; belladonna 6C; calcarea 6C; colchicum 6C. <i>Osteoarthritis</i> : Rhus toxicodendron 6C t.i.d. for 2 weeks; ledum 6C q.i.d. for 2 weeks; <i>belladonna</i> 6C q.i.d. for 2 weeks; <i>Apis mellifica</i> 6C t.i.d. for 2 weeks. <i>Rheumatoid arthritis</i> : Rhus toxicodendron 6C for 2 weeks; bryonia 6C q.i.d. for 2 weeks; ruta graveolens 6C q.i.d. for 2 weeks; pulsatilla 30C t.i.d. for 2 weeks; arnica ointments and gels.
Hands-On Healing Techniques	Physical therapy.	Massage; chiropractic; osteopathy.	Craniosacral therapy; rolfing.

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Alternative Therapies for Asthma

Therapy	Best Evidence *	Probably Useful †	Least Evidence ‡
Herbals	Atropa belladonna; capsaicin; ephedra sinensis (12.5–25 mg t.i.d.); quercetin (400 mg ac t.i.d.); glycyrrhiza glabra (1–2 g t.i.d. powdered root; 2–4 ml t.i.d. extract; 250–500 mg dry powdered extract t.i.d.); grape seed extract (50–100 mg t.i.d.); guaiac wood (guaifenesin 600 mg b.i.d.).	Ginkgo biloba (60 mg b.i.d.); tylophora asthmatica (200 mg b.i.d.).	Coleus forskohli (50 mg t.i.d.); lobelia inflata; coltsfoot (potentially toxic).
Diet and Nutrition/Lifestyle	Avoid sulfites, aspirin, tartrazine, biogenic amines; environmental control; vitamin C (10–30 mg/kg/day in divided doses).	Carotenes (25,000–50,000 IU/d); essential fatty acids (fish oils, omega-3 fatty acids); magnesium (200–400 mg t.i.d.); vitamin E (200–400 IU/d); zinc (15–30 mg/d); food allergy identification and avoidance (milk, egg, wheat); green tea (<i>Camellia sinensis</i>); onions, garlic; reduced sodium intake.	Treat hypochlorhydria; probiotics; selenium (200 µg/day); vitamin B ₆ (if on theophylline: 25–50 mg b.i.d.); vitamin B ₁₂ (sulfite-sensitive children: 1000 µg/d or IM weekly).
Mind-Body Interventions		Biofeedback; hypnosis; yoga breathing techniques.	Treat depression; stress management.
Pharmacological and Biological Treatments			Anti- <i>Candida</i> diet; DHEA.
Bioelectromagnetic Therapies			Electrical stimulation.
Alternative Systems		Acupuncture; African herbs; ayurvedic herbals; Chinese herbals; homeopathy.	
Hands-On Healing Techniques	Massage.		Chiropractic; osteopathy.

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Alternative Therapies for Cancer Prevention and Treatment

<i>Therapy</i>	<i>Best Evidence</i> *	<i>Probably Useful</i> †	<i>Least Evidence</i> ‡
Herbals		Mistletoe (bladder); yew (paclitaxol), (breast); hoxsey; astragalus membranaceus; polysaccharide krestin; chlorella; capsaicin.	Chaparral (toxic); Pau d'arco; es-siac tea; evening primrose oil.
Diet and Nutrition/Lifestyle		Mushrooms: maitake, shiitake (colon), enokitake.	Whole grain barley; macrobiotic diet; Gerson diet; Hippocrates wheat grass diet; Livingston-Wheeler; Kelley-Gonzales nutritional programs; vitamins A, C, E (controversial).
Mind-Body Interventions		Getting rid of anger, negative emotions; support groups (breast); group therapy (melanoma); stress management; treatment of depression, feelings of helplessness, hopelessness; encouraging a fighting spirit; imagery, bio-feedback, hypnosis, meditation; yoga, qi gong; spiritual approaches, prayer, faith healing.	Intuitive, psychic approaches.
Pharmacological and Biological Treatments			Antineoplastins (brain); shark cartilage; bovine tracheal cartilage; hydrazine (cachexia, lung); ozone therapy, hydrogen peroxide; Livingston therapy; immunoenhancement therapies; melatonin.
Bioelectromagnetic Therapies			Nordenstrom electrical stimulation; therapeutic touch.

Alternative Systems of Care

Acupuncture, acupressure, moxibustion for relief of pain, nausea, side effects of cancer treatment.

Chinese herbal remedies; ayurveda; *Homeopathy*: gelsemium 6C (anxiety) 2–3×; ipecac 30C (nausea) 3–4× q 15–30 min; nux vomica (nausea/vomiting) 6C t.i.d.–q.i.d. for 1–2 days; cadmium; sulfuricum 30C (vomiting, exhaustion) t.i.d. for 1–2 days. Laying on of hands.

Hands-On Healing Techniques

Massage and gentle manipulation for pain control, immunostimulation, relaxation.

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Alternative Therapies for Congestive Heart Failure

<i>Therapy</i>	<i>Best Evidence</i> *	<i>Probably Useful</i> †	<i>Least Evidence</i> ‡
Herbals	Hawthorn (80–300 mg b.i.d., tincture 4–5 ml t.i.d.).		Cinnamon (2–3 mg/day, tincture 2–3 ml t.i.d.).
Diet and Nutrition/Lifestyle	Coenzyme Q10 (30–100 mg t.i.d.); magnesium (300 mg/day); thiamine (20–100 mg/day).	Carnitine (500 mg b.i.d.–t.i.d.); taurine (3–6 g/day).	L -Arginine (1500 mg–12 g/day).
Mind-Body Interventions	Relaxation and stress management; screen and treatment for depression; guided imagery.	Cognitive-behavioral therapy; social support; anger/hostility management; meditation; tai chi; yoga.	

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Alternative Therapies for Coronary Artery Disease

<i>Therapy</i>	<i>Best Evidence</i> *	<i>Probably Useful</i> †	<i>Least Evidence</i> ‡
Herbals		Ginkgo biloba (40 mg t.i.d.); garlic (900 mg/day or 1 clove); curcumin (400 mg t.i.d.); green tea (3–5 C/day).	Khella (250–300 mg/day); eutherococcus (Siberian ginseng) (2–3 g/day); guggulipid (25 mg/t.i.d.)—lipid-lowering agent.
Diet and Nutrition/Lifestyle	Exercise; eliminate tobacco, caffeine, alcohol; low-fat diet/dietary antioxidants; Ornish program; vegetarian diets; vitamin C (1 g/day); vitamin E (400–800 IU/day); vitamin B ₆ (50–100 mg/day); vitamin B ₁₂ (800 µg/day); folic acid (800 µg/day).	Resveratrol (red wine) and other bioflavonoids; consumption of nuts; selenium (100–200 µg/day); pantethine (300 mg t.i.d.).	Evening primrose oil (3–6 g/day).
Mind-Body Interventions	Relaxation and stress management; screen and treat for depression; guided imagery.	Cognitive-behavioral therapy; social support; anger/hostility management; meditation; tai chi; yoga.	
Pharmacological and Biological Treatments			Chelation therapy.
Alternative Systems of Care		Acupuncture; traditional Chinese medicine; ayurveda.	

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Alternative Therapies for Depression

<i>Therapy</i>	<i>Best Evidence</i> *	<i>Probably Useful</i> †	<i>Least Evidence</i> ‡
Herbals		Ginkgo biloba (80 mg t.i.d.) in elderly; Saint John's Wort (300 mg t.i.d., 0.3% hypericin).	Saint John's Wort and 5-HTP in combination; damiana; yohimbe; aromatherapy
Diet and Nutrition/Lifestyle	Exercise; relaxation, stress reduction; thiamine (1–10 mg/d); niacin (500–1000 mg b.i.d.); pyridoxine (50–100 mg/d); folic acid (800 µg/d); vitamin B ₁₂ (800 µg/d); vitamin C (500-1000 mg t.i.d.).	S-adenosyl-L-methionine (SAME) (200mg b.i.d.–400 mg q.i.d.). <i>Avoid in bipolar disorder.</i> 5-HT (hydroxytryptophan) (100–200 mg t.i.d.); flaxseed oil (1T/day); iron replacement; vitamin E (200–400 IU/day).	Inositol; phenylalanine; phosphatidylserine; tyrosine; detect and treat food allergy; restrict caffeine and sugar.
Mind-Body Interventions	Cognitive-behavioral therapy; spiritual approaches, prayer.	Tai chi; qi gong; hypnosis; meditation; biofeedback.	
Pharmacological and Biological Treatments			DHEA; neural therapy.
Bioelectromagnetic Therapies	Light therapy (for seasonal affective disorder).	Magnetic brain stimulation; energy healing.	
Alternative Systems of Care	Acupuncture.	Ayurveda.	Homeopathy (not commonly used except for postpartum depression): <i>Each t.i.d. for 2 weeks:</i> sepia 30C; ignatia 30C; pulsatilla 30C; natrum muriaticum 30C.
Hands-On Healing Techniques	Massage.		

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Alternative Therapies for Diabetes

Therapy	Best Evidence *	Probably Useful †	Least Evidence ‡
Herbals		<p><i>Artemisia herba alba</i>; bilberry (<i>Vaccinium myrtillus</i>) (retinopathy): 80–160 mg t.i.d.; bitter melon (<i>Momordica charantia</i>): 30–60 ml of juice/day; coccinia indica; gymnema sylvestre: 200 mg b.i.d.; ginkgo biloba (retinopathy, neuropathy, and vascular complications): 40 mg t.i.d.; garlic; green tea (<i>Camellia sinensis</i>) 2C/day; <i>Trigonella foenum-graecum</i>.</p>	<p>Artichoke; dandelion leaves; eleutherococcus; fenugreek (<i>Trigonella foenum-graecum</i>): 50 g/day defatted seed powder; ginseng 100 mg t.i.d.; glucomannan; guar gum; horehound; juniper; lavender; myrrh; neem; primrose oil (neuropathy); salt bush (<i>Atriplex halimu</i>); silymarin (cirrhosis in diabetes); Spanish needles (<i>Bidens pilosa</i>); tragacanth; yellow bells (<i>Tecoma stans</i>)</p>
Diet and Nutrition/Lifestyle	<p>Regular exercise; weight loss; diet high in fiber, low in simple sugars and fats; Pritikin diet; Ornish diet.</p>	<p>Alpha-lipoic acid; biotin (type 1 and type 2 DM): 9–16 mg/day; chromium (200 µg/day); essential fatty acids (cold-water fish, 480 mg/day; gamma linoleic acid, 1 T/day flaxseed oil); magnesium (300–500 mg/day); onion; potassium (dietary); vitamin C (>2 g/day in divided doses); vitamin B₃ (prevention of new-onset type 1: 25 mg/kg/day); inositol hexanicinate (hyperlipidemia): 500–1000 mg/day; vitamin B₆ (neuropathy): 50–100 mg/day; vitamin B₁₂ (neuropathy): 1000–3000 µg /day p.o. or 1000 µg/wk IM); vitamin E (800–900 IU/day); zinc (30 mg/day).</p>	<p>Flavonoids (dietary, 1–2/day); manganese (30 mg/day).</p>

Alternative Therapies for Diabetes (Continued)

<i>Therapy</i>	<i>Best Evidence*</i>	<i>Probably Useful†</i>	<i>Least Evidence‡</i>
Mind-Body Interventions	Self-care, personal locus of control and responsibility.	Biofeedback; reduction of threat of DM (adolescents); relaxation therapy; social support; spiritual approaches; yoga.	Treatment of depression; qi gong.
Bioelectromagnetic Therapies Alternative Systems of Care		Acupuncture (neuropathy); traditional Chinese medicine.	Electrical stimulation. Ayurveda; curanderismo herbalism.
Hands-On Healing Techniques			Massage.

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Alternative Therapies for Gastroesophageal Reflux Disease

<i>Therapy</i>	<i>Best Evidence</i> *	<i>Probably Useful</i> †	<i>Least Evidence</i> ‡
Herbals	Deglycyrrhizinated licorice (DGL), 380-760 mg t.i.d./ac.	Caraway; lemon balm; raspberry tea; white wine (increases gastric emptying).	Oregon grape, yellow dock, wormwood.
Diet and Nutrition/Lifestyle	Lactase (for those with lactose intolerance); lipase (pancreatic insufficiency); weight loss; small meals; don't lie down for 2 hr after a meal; elevate head of bed 6 in; avoid foods that promote reflux, like alcohol, tobacco, caffeine, onions, spicy foods, peppermint.		Proteolytic enzymes; vitamin A up to 25,000 IU/day; vitamin C 500 mg t.i.d.; vitamin E 100 IU t.i.d.; zinc 20 mg/day.
Alternative Systems of Care		Acupuncture; ayurveda.	<i>Homeopathy</i> : bryonia 6C q 30 min for 2 hr; carbo vegetabilis 6C q 30 min for 2 hr; lycopodium 6C q 30 min for 2 hr; nux vomica 6C q 30 min for 2 hr.
Hands-on Healing Techniques		Osteopathic manipulation.	

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Alternative Therapies for Gastrointestinal Problems

<i>Therapy</i>	<i>Best Evidence</i> *	<i>Probably Useful</i> †	<i>Least Evidence</i> ‡
Herbals	Aloe (constipation), 30 ml t.i.d.; cascara (constipation), tea from 1 tsp. bark b.i.d., 1 ml tincture b.i.d.; deglycyrrhizinated licorice (DGL) (peptic ulcer disease [PUD]), 380–760 mg t.i.d./ac; peppermint (indigestion), 0.2 ml–0.4 ml enteric coated oil b.i.d.–t.i.d./ac; senna (constipation).	Aloe (heartburn), 30 ml t.i.d.; bilberry (diarrhea); boldo (cholangagogue, indigestion); caraway; chamomile (antispasmodic, colic, PUD) 2–3 g/day, 3–5 ml tincture t.i.d., as tea t.i.d.–q.i.d.; ginger (nausea), 500 mg t.i.d.; goldenseal (diarrhea) 500 mg t.i.d., use with caution; fennel (colic, antispasmodic), tea 1 cup t.i.d.; 600-mg caps t.i.d., for infants, 2 tsp seeds t.i.d.; garlic (antispasmodic), up to 3 g b.i.d.; lemon balm; marijuana (nausea); raspberry tea; sage (antispasmodic); white wine (increases gastric emptying).	Bitters (indigestion): barberry, dandelion; Oregon grape, yellow dock, wormwood; butcher's broom (hemorrhoids); horse chestnut (hemorrhoids).
Diet and Nutrition/Lifestyle	Lactase (for those with lactose intolerance); lipase (pancreatic insufficiency).	Bismuth (PUD), 240 mg subcitrate b.i.d./ac, subsalicylate 500 mg q.i.d./ac; cabbage (PUD), 1 L juice daily, effects possibly due to glutamine content; charcoal (excess gas); lactobacillus acidophilus (diarrhea, antibiotic-induced diarrhea).	Betaine HCl (low stomach acidity); flavonoids (PUD), 500 mg t.i.d.; proteolytic enzymes; yogurt (antibiotic-induced diarrhea); vitamin A up to 25,000 IU/day; vitamin C 500 mg t.i.d.; vitamin E 100 IU t.i.d.; zinc 30 mg/day.
Mind-Body Interventions	Depression (functional bowel complaints), detect and treat; exercise (constipation); psychotherapy; stress management (PUD).		

Acupuncture (nausea); acupressure (nausea); ayurveda.

Homeopathy: *Colic*: cuprum metallicum 6C t.i.d.–q.i.d.; chamomile 6C t.i.d. for 3–4 days; colocynthis 30C t.i.d.; nux vomica 6C q 15 min until vomiting ceases; belladonna 6C q 1 hr for up to 6 doses; bryonia 6C q 1 hr for up to 6 doses. *Constipation*: nux vomica 6C t.i.d. for 10 days; sepia 30C: 3 doses in 24 hr once a month; sulfur 6C t.i.d. up to 10 days. *Diarrhea*: arsenicum album 6C q 30 min for up to 6 doses, then t.i.d.; argentum nitricum 6C q 1 hr up to 6 doses; podophyllum 30C t.i.d.–q.i.d. for 2 days; pulsatilla 6C q 2 hr for up to 6 doses; sulfur 6C q 1 hr up to 6 doses, then t.i.d. *Hemorrhoids*: hamamelis 6C t.i.d. for 3 days; calcarea fluorica 6C t.i.d.–q.i.d. for 3–4 days; arnica 30C q.i.d. for 2–3 days; aesculus; hippocastanum 30C t.i.d. for 3 days. *Heartburn, indigestion, and gas*: nux vomica 6C q 30 min for 2 hr; carbo vegetabilis 6C q 30 min for 2 hr; lycopodium 6C 2–3 times after meals; natrum phosphoricum 6C q 30 min for 2 hr; arsenicum album 6C q 1 hr up to 6 doses, then t.i.d.

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Alternative Therapies for Migraine Headache

<i>Therapy</i>	<i>Best Evidence</i> *	<i>Probably Useful</i> †	<i>Least Evidence</i> ‡
Herbals	Feverfew 0.25-0.5 mg, parthenolide b.i.d.	Ginger 4–6 g/day, 1.5–3 ml tincture t.i.d., 500 mg q.i.d. dried ginger, also treats nausea; ginkgo biloba 40–60 mg t.i.d.	Capsaicin intranasal; yucca.
Diet and Nutrition/Lifestyle	Vitamin B ₂ (riboflavin) 400 mg/day for at least 3–4 months.	Magnesium 250–400 mg t.i.d., esp. for premenstrual migraine and those with low Mg levels; calcium 800 mg/day; vitamin D 400 IU/day; avoid dietary amines, which provoke migraine: chocolate, cheese, beer, red wine; food allergy: detect and eliminate most common allergenic foods: dairy, wheat, chocolate, eggs; use elimination diet; vitamin B ₁₂ 25 mg t.i.d.	Fish oil, EPA/DHA; S-adenosyl-L-methionine (SAME) 400 mg q.i.d., gradually increase dose from 200 mg b.i.d. to 400 mg q.i.d. over 3 weeks; 5-hydroxytryptophan (5-HTP) 100–200 mg t.i.d.
Mind-Body Interventions	Relaxation therapy; biofeedback.	Guided imagery; meditation; stress management; tai chi; therapeutic touch; yoga.	
Bioelectromagnetic Alternative Systems of Care		Acupuncture; traditional Chinese medicine; ayurveda.	Energy healing; magnets; TENS. Homeopathy: belladonna 6C q 30 min for 1.5 hrs; bryonia 6C q 30 min for 1.5 hrs; gelsemium 30C q 30 min for 1.5 hrs; kali bichromicum 6C q 1 hr up to 6 doses, then t.i.d.
Hands-On Healing Techniques			Chiropractic.

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Alternative Therapies for Tension Headache

<i>Therapy</i>	<i>Best Evidence</i> *	<i>Probably Useful</i> †	<i>Least Evidence</i> ‡
Diet and Nutrition/Lifestyle Mind-Body Interventions	Relaxation therapy; biofeedback; cognitive therapy.	Magnesium 250 mg b.i.d.–t.i.d. Guided imagery; meditation; progressive muscle relaxation; stress management; tai chi; therapeutic touch; yoga.	
Bioelectromagnetic Therapies Alternative Systems of Care		Acupuncture; traditional Chinese medicine; ayurveda.	Energy healing; magnets; TENS. Homeopathy: belladonna 6C q 30 min for 1½ hrs; bryonia 6C q 30 min for 1½ hrs; gelsemium 30C q 30 min for 1½ hrs; kali bichromicum 6C q 1 hr up to 6 doses, then t.i.d. Chiropractic.
Hands on Healing			

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Alternative Therapies for Hepatitis

Therapy	Best Evidence *	Probably Useful †	Least Evidence ‡
Herbals	Milk thistle (hepatitis, cirrhosis), 70–140 mg t.i.d.	Artichoke; <i>Astragalus membranaceus</i> caraway; glycyrrhizin, licorice root 100 mg/day, 1 g root t.i.d., higher doses affect electrolytes, BP; goldenseal 500 mg t.i.d., use with caution; lemon balm; raspberry tea; turmeric, 250–500 mg b.i.d.	Oregon grape, yellow dock, wormwood; evening primrose oil (alcoholic liver disease); Sho-Saiko-to (TJ-9); Compound 861; <i>Phyllanthus amarus</i> .
Diet and Nutrition/Lifestyle			Proteolytic enzymes; vitamin A up to 25,000 IU/day; vitamin C 500 mg t.i.d.; vitamin E 100 IU t.i.d.; zinc 20 mg/day.
Mind-Body Interventions Alternative Systems of Care	Psychotherapy.	Ayurveda.	

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Alternative Therapies for Hypercholesterolemia

Therapy	Best Evidence *	Probably Useful †	Least Evidence ‡
Herbals		<p>Artichoke 320 mg of std extract t.i.d.; avocado; barley; evening primrose oil; flax seeds 20 g/day, 1 T flaxseed oil daily; glucomannan; pectin; plantain.</p> <p>Garlic 1–4 cloves/day, tabs 300 mg t.i.d. (4000–5000 µg of allicin), tincture 2–4 ml t.i.d.; Guggul 500 mg tab t.i.d. (5–10% guggulsterones or total of 25 mg t.i.d.); psyllium 5–10 g/day; Chinese red yeast rice (cholestin) (<i>Monascus purpureus</i>), two 600-mg capsules b.i.d.</p>	<p>Fenugreek 5–20 g with meals t.i.d. or 15–90 g once daily with a meal; fo-ti 3–5 g/day as tea t.i.d.; 500-mg tabs, up to 5 tabs t.i.d.; ginseng; proanthocyanidins (grape seed extract, pine bark); wild yam 2–3 ml tincture t.i.d., 1–2 tabs t.i.d.; yogurt.</p>
Diet and Nutrition/Lifestyle	<p>Exercise; 5–7 servings/day fruits and vegetables (source of bioflavonoids and beta carotene); fiber; Mediterranean diet; quit smoking; soy protein 30 g/day; vegetarian diet; very low-fat diet (Ornish); vitamin B₃ (niacin) up to 3 g/day (potential hepatotoxicity); weight loss.</p>	<p>Calcium 800–1000 mg/day; coenzyme Q10 100–200 mg/day; fish intake (EPA/DHA omega-3 oils); inositol hexaniacinate 500–1000 mg t.i.d.; olive and canola oil; Pritikin program; reduce intake of refined sugars; reduce caffeine intake; red wine or other form of alcohol 1–2 drinks/day; selenium 200 mg/day; vitamin B₅ (pantothenic acid) 300 mg b.i.d.–t.i.d. esp. for diabetics, hypertriglyceridemia; vitamin C 100–1000 mg/day; vitamin E 100–800 IU/day.</p>	<p>Beta-sitosterol; brewer's yeast 2 T/day carnitine 1–4 g/day; chitosan 3–6 g/day; chromium 200 mg/day; green tea 3C/day; lecithin; magnesium 400 mg/day; mushrooms: shiitake, maitake; oats; octacosanol; vitamins B₆ (pyridoxine) 50 mg/day; B₉ (folic acid) 400 mg/day; B₁₂ (cyanocobalamin) 1000 mg/day (may lower homocysteine levels, alone or together); quercetin 35 mg/day (apples, onion, black tea); safflower oil.</p>

Alternative Therapies for Hypercholesterolemia (Continued)

<i>Therapy</i>	<i>Best Evidence*</i>	<i>Probably Useful†</i>	<i>Least Evidence‡</i>
Mind-Body Interventions		Modifying type A behavior, stress reduction, reducing hostility, time urgency, competitiveness; reducing chronic arousal; improving sleep pattern; relaxation therapy.	Meditation; qi gong.
Pharmacological and Biological Treatments			Chelation therapy.
Alternative Systems of Care		Ayurveda; traditional Chinese medicine.	

*Therapies with the highest degree of scientific support for efficacy and safety.

†Therapies that are often helpful but that do not have the highest degree of supporting evidence for efficacy and safety.

‡Therapies that may be useful but that have limited scientific evidence for efficacy and safety.

NOTE: C denotes the number of times that a substance is diluted at a ratio of 1:100.

SOURCE: Sierpina, VS: Integrative Health Care: Complementary and Alternative Therapies for the Whole Person, F.A. Davis, Philadelphia, 2000.

Alternative Therapies for Hypertension

<i>Therapy</i>	<i>Best Evidence</i> *	<i>Probably Useful</i> †	<i>Least Evidence</i> ‡
Herbals		Garlic; hawthorn.	Ginseng, 1 g dried root/day; guar gum, 5 g t.i.d.; yellow root; yucca.
Diet and Nutrition/Lifestyle	DASH diet; fiber; aerobic exercise; potassium in diet; quit smoking; reduce caffeine; low sodium; weight loss.	Vegetarian diet; CoQ10, 50 mg b.i.d.; alcohol intake <3 drinks/day; calcium, 800–1500 mg/day; magnesium, 350–500 mg/day (esp. if taking diuretics); fish oil, EPA/DHA, omega-3 fatty acids 3 g/day.	Check for heavy metals such as lead; reduce sugar intake; vitamin C; chitosan; arginine, 2 g t.i.d.
Mind-Body Interventions		Anger prevention or management; anxiety reduction (men); guided imagery; meditation; music therapy; religious attendance; social support; stress management; tai chi; yoga.	
Pharmacological and Biological Treatments			Chelation therapy.
Alternative Systems of Care		Ayurveda; traditional Chinese medicine.	Homeopathy.

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Alternative Therapies for Irritable Bowel Syndrome

<i>Therapy</i>	<i>Best Evidence</i> *	<i>Probably Useful</i> †	<i>Least Evidence</i> ‡
Herbals	Peppermint, 0.2 ml–0.4 ml enteric-coated oil b.i.d.–t.i.d./ac	Caraway; chamomile, 2–3 g/day; 3–5 ml tincture t.i.d., as tea t.i.d.–q.i.d.; fennel (colic anti-spasmodic), tea 1 cup t.i.d., 600 mg caps t.i.d., for infants 2 tsp seeds t.i.d.; garlic (antispasmodic), up to 3 g b.i.d.; lemon balm; raspberry tea; sage (antispasmodic).	Oregon grape, yellow, dock, wormwood.
Diet and Nutrition/Lifestyle	Lactase (for those with lactose intolerance); lipase (pancreatic insufficiency); fiber; food allergy: identify and eliminate if present; dairy and grain most common factors.	Charcoal (excess gas); lactobacillus acidophilus; refined sugar: reduce amount in diet.	Proteolytic enzymes; vitamin A up to 25,000 IU/day; vitamin C 500 mg t.i.d.; vitamin E 100 IU t.i.d.; zinc 20 mg/day.
Mind-Body Interventions	Cognitive behavioral therapy; depression (functional bowel complaints), detect and treat; exercise; hypnotherapy; biofeedback; progressive muscle relaxation; psychotherapy; stress management.		
Alternative Systems of Care		Traditional Chinese medicine herbs; acupuncture; ayurveda.	Homeopathy: (follow label dosages) argentum nitricum; asa foetida; colocynthis; lillium tigrinum; lycopodium; natrum carbonicum; nux vomica; podophyllum; sulfur.

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Alternative Therapies for Musculoskeletal Problems

Therapy	Best Evidence *	Probably Useful †	Least Evidence ‡
Herbals	Arnica ointment/gel (topical); tiger balm; white willow (salicylate); glucosamine, chondroitin	<i>Topical agents for wound and tissue healing, pain:</i> aescin (horse chestnut); aloe gel; angelica; calendula; comfrey; echinacea; Saint John's wort oil; tea tree; witch hazel; wintergreen oil; curcumin (anti-inflammatory)	<i>Tissue and wound healing:</i> cat's claw; gotu kola; aromatherapy: lavender, camphor, eucalyptus, chamomile, rosemary. <i>Athletic performance enhancement:</i> Asian ginseng, eleuthero; guarana.
Diet and Nutrition/Lifestyle	Stretching, conditioning, warm-up to prevent injuries; bioflavonoids: citrus 900–1800 mg/day (improves healing time of injuries); enzymes: bromelain 500 MCU q.i.d. (proteolytic, anti-inflammatory).	Calcium 800–1000 mg/day (bone, muscle injury); magnesium 300 mg t.i.d. (muscle spasm, injury); vitamin C 400–3000 mg/day (connective tissue support, muscle damage); vitamin E 400–1200 IU/day (muscle damage), topically for scars; eliminate food allergy (may worsen inflammation).	<i>Tissue/Wound Healing:</i> vitamin A; copper, manganese, silicon, zinc; chondroitin sulfate; glucosamine sulfate; arginine, glutamine, L-carnitine. <i>Bursitis:</i> vitamin B ₁₂ 1000 µg q.d. for 2–4 wk IM or subcutaneously. <i>Fibromyalgia:</i> vitamin B ₁ 10–100 mg/day; magnesium 300–600 mg/day; vitamin E 100–300 IU/day; D, L-phenylalanine 500–700 mg t.i.d. (for pain). <i>Enhancing athletic performance:</i> antioxidants, B complex vitamins, chromium, zinc, iron, magnesium, branched-chain amino acids, carnitine, pyruvate whey protein, leucine, inosine, ornithine, ornithine alpha-ketoglutarate, glutamine, creatine, gamma oryzanol, medium-chain triglycerides.
Mind-Body Interventions	Regular exercise, stretching; tai chi; yoga.	Biofeedback; guided imagery; hypnosis; music therapy; qi gong; relaxation therapy; spiritual interventions.	

Alternative Therapies for Musculoskeletal Problems (Continued)

<i>Therapy</i>	<i>Best Evidence*</i>	<i>Probably Useful†</i>	<i>Least Evidence‡</i>
Pharmacological and Biological Treatments			Hydrotherapy (add essential oils, Epsom salts); spa therapy; DMSO topically.
Bioelectromagnetic Therapies	TENS unit.	Energy medicine; healing touch; reiki; therapeutic touch.	Hyperbaric oxygen; light therapy; magnet therapy.
Alternative Systems of Care		Acupuncture; acupressure; traditional Chinese medicine: cupping; ayurveda: massage, oil, herbal techniques.	Homeopathy: <i>Broken bone support</i> : arnica 30C q 15–30 min for 2 hr, then t.i.d. for 2 days; <i>Ruta graveolens</i> 6C t.i.d. for 2–3 days. <i>Sprains and injuries</i> : arnica 30C t.i.d.–q.i.d. for 2–3 days; <i>Ruta graveolens</i> 6C t.i.d. for 2–3 days; <i>Ledum</i> 30C t.i.d. for 2–3 days. <i>Bursitis</i> : <i>Rhus toxicodendron</i> 6C t.i.d.–q.i.d. for 3–4 days; <i>Ruta graveolens</i> 6C t.i.d. for 3–4 days; <i>belladonna</i> 6C t.i.d.–q.i.d. for 1–2 days.
Hands-On Healing Techniques		Craniosacral; Feldenkrais; rolfing; trager.	Chiropractic; massage; osteopathy.

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Alternative Therapies for Upper Respiratory Infections

Therapy	Best Evidence *	Probably Useful †	Least Evidence ‡
Herbals	Echinacea 3–5 ml tincture or juice t.i.d., 300–600 mg caps t.i.d., dried root or as tea 0.5–1.0 g t.i.d.	Garlic 300 mg (4000–5000 µg alliin) t.i.d., 1–4 cloves/day; goldenseal 4–6 g t.i.d.	<i>Immune support:</i> Asian ginseng, astragalus, eleuthero, schisandra. <i>Antiviral/antibiotic:</i> elderberry, horseradish, myrrh, usnea. <i>Symptomatic relief:</i> slippery elm, marshmallow, red raspberry, blackberry, blueberry, sage, yarrow, eucalyptus oil, meadowsweet.
Diet and Nutrition/Lifestyle	Avoid exhausting exercise; bedrest; drink large amounts of fluids.	Vitamin C 1–3 g/day; avoid dietary allergens; <i>Gargle:</i> salt water and vinegar; hot water with lemon juice and honey.	Zinc gluconate or gluconate-glycine lozenges 10/day until better; L-lysine 4–5 g/day initially, then 500 mg t.i.d. for cold sores, L-lysine cream; vitamin A 15,000–25,000 IU/day (unless pregnant); beta carotene 50,000–100,000 IU/day.
Mind-Body Interventions	Social support; stress management and awareness.		
Pharmacological and Biological Treatments	Control respiratory allergies with antihistamines, nasal steroids, avoidance of allergens.	Hyperthermia.	
Bioelectromagnetic Therapies			Energy medicine; hydrotherapy; magnet therapy.
Alternative Systems of Care		Ayurveda; traditional Chinese medicine; acupuncture; cupping.	Homeopathy: aconite 30C q 2 hrs for 3 doses only; kali bichromicum 6C t.i.d.–q.i.d. for 2–3 days; Rhus toxicodendron 6C q 2 hrs up to 6 doses; euphrasia 6C q.i.d.
Hands-On Healing Techniques		Percussion.	

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Alternative Therapies for Urinary Tract Infections

<i>Therapy</i>	<i>Best Evidence</i> *	<i>Probably Useful</i> †	<i>Least Evidence</i> ‡
Herbals		Cranberry juice 0.5 L/day, 400 mg/b.i.d of extract; blueberry juice 0.25 L/day	Uva ursi 3–5 ml tincture, 100–250 mg t.i.d. (as arbutin in herbal extract) (requires alkaline urine—potassium or sodium citrate, .5 tsp sodium bicarbonate, Alka Seltzer); garlic 300 mg t.i.d., 1–4 cloves/day; goldenseal 250–300 mg t.i.d. std extract, 3–4 g/day root caps, tabs, tincture; sandalwood oil 1–2 drops t.i.d.; <i>herbal diuretic teas</i> : asparagus, birch, couch grass, horsetail, Java tea, juniper lovage, spiny restharrow, nettle, parsley: 1–3 tsp (5–15 g) steeped for 15 min and taken t.i.d.
Diet and Nutrition/Lifestyle	Drink large amounts of low-sugar juices, water, other fluids (>2 L/day); urinate after intercourse (women); eliminate obstruction.		Identify and eliminate food allergies in recurrent infections; vitamin C 5 g/day; vitamin A 25,000 IU/day; beta-carotene 200,000 IU/day; zinc 30 mg/day; bromelain; multivitamins.
Alternative Systems of Care		Ayurveda; traditional Chinese medicine.	Homeopathy: cantharis 30C t.i.d. for 2 days; sepia 30C t.i.d. for 2 days; belladonna 6C q 2 hr up to 6 doses; staphysagria 12C t.i.d. for 2 days; nux vomica q 2 hr up to 6 doses.

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