**Integrative Health elective bibliography**

**General Integrative Health Resources:**
- NYT article 17.01.22

**Chinese Medicine**

**Placebo**

**Complementary and Alternative Therapies**

**Yoga**


**Massage Therapy**


**Acupuncture**


**Mindful Eating**

Supplements/Botanicals
Greenlee H, Abascal K, Yarnell E, Ladas E Clinical applications of Silybum marianum in oncology Integr Cancer Ther 6 158-165 2007

Meditation

Mindfulness
“How Does Mindfulness Training Affect Health? A Mindfulness Stress Buffering Account” by J.David Creswell and Emily K. Lindsay; DOI:10.1177/0963721414547415

Guided Imagery
Heme/Onc Supportive Care Program Note Template from Kathi Sanders

Spiritual Care