

## Guide to Using Natural & Alternative Treatments Database

### What is the Natural & Alternative Treatments Database?

Provided through *EBSCOhost*, the Natural and Alternative Treatments database was created in 1997 to satisfy the ever-growing demand for accurate, unbiased information on natural health. Currently the database includes more than 300 articles on Herbs and Supplements, 200 on health conditions, 90 articles on Drug Interaction, 40 articles on Alternative Therapies and 40 articles on Homeopathy.

These articles are entirely based on double-blind, placebo-controlled studies and other forms of meaningful scientific evidence. At present, more than 12,000 such studies are cited in the material, and new studies are added as they appear. This evidence-based content has been developed and reviewed by a team of physicians and pharmacologists with the goal of providing reliable information without exaggeration or misrepresentation. It provides scientifically sound answers to such questions as:

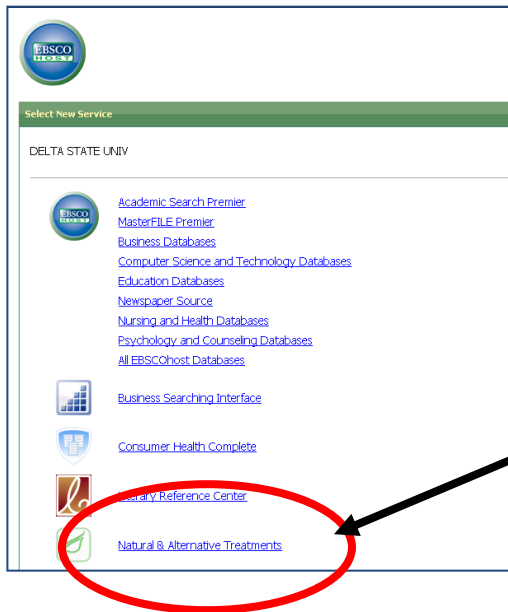
- What natural or alternative therapies are available for a given medical condition?
- How well does a particular supplement, herb or alternative therapy work?
- How safe is it?
- What are the benefits and the risks?
- Are there any drug interactions to consider?

### How do I access the Natural & Alternative Treatments Database?

To access this database, go to the “Articles & More by Subject Web page at <http://www.deltastate.edu/pages/676.asp>. On this Web page, click the green and blue EBSCO logo at the bottom of the page.

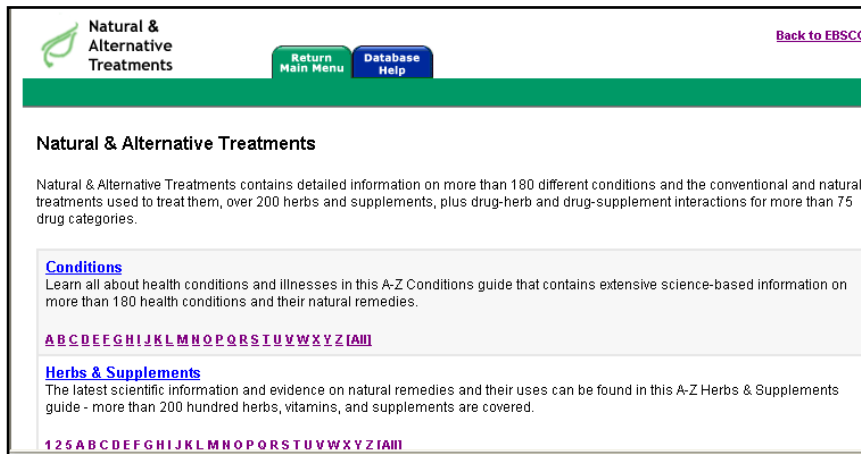
The screenshot shows the Delta State University website's "Articles & More - By Subject" page. The page features a navigation menu at the top with links for ABOUT, ACADEMICS, ADMISSIONS, STUDENT LIFE, ATHLETICS, ALUMNI & FRIENDS, and myDSU. Below the navigation menu, there is a search bar and a "Search DSU" button. The main content area is titled "Articles & More - By Subject" and contains several columns of subject categories, including General & Reference, Sciences & Medicine, Education & Sports, Social Sciences, Humanities, and Business. A red circle highlights the EBSCO logo at the bottom of the page, and a black arrow points to it from the left.

On the EBSCO database page scroll down to select Natural and Alternative Treatments. To access this database from off campus, refer to the “DSU Virtual Library Guide” that is available in Roberts-LaForge Library and online at <http://www.deltastate.edu/docs/library/VirtualLibraryonline.pdf> .



Click on the link to the Natural and Alternative Treatments database.

**Using the Natural & Alternative Treatments Database:**

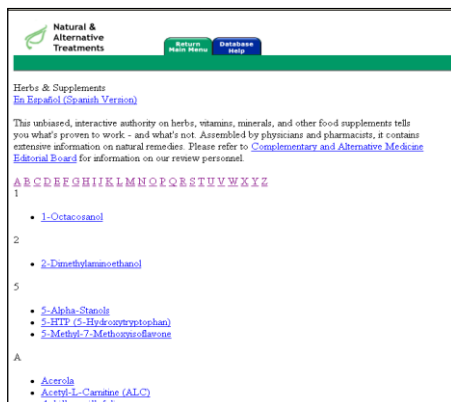


To start, select a one of the broad categories:

- Conditions
- Herbs & Supplements
- Drug Interactions
- Alternative Therapies
- Functional Foods

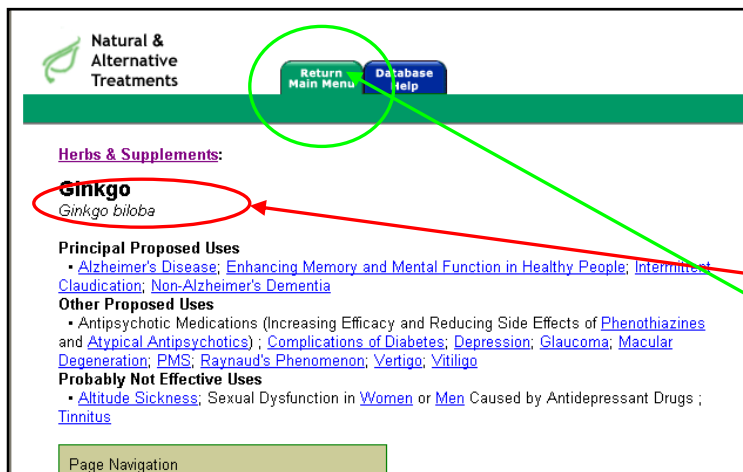
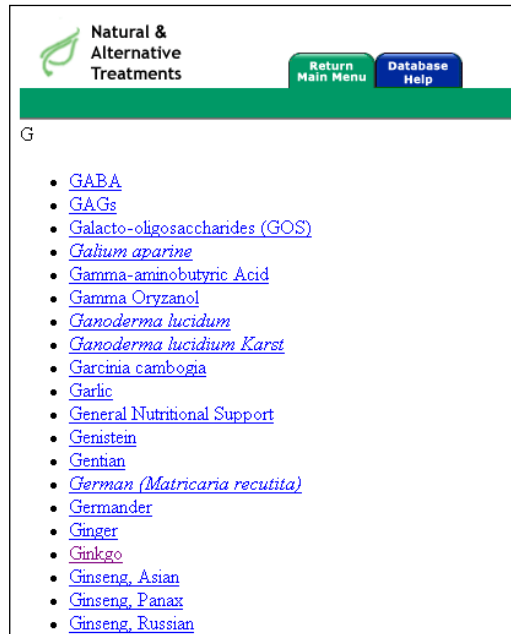
An alphabetical listing will be presented.

Click on the letter that represents your topic of interest. For example if your were searching for information on the use of the supplement “ginko biloba” you would click on the “G” under the **Heading Herbs and Supplements** (See figure above).



By clicking on the “G” a list of terms beginning with the letter G will come up.

Now click on the word “Ginkgo” to move to the page of interest.



Within each page, hyperlinked words and phrases will take the end-user to more information about term.

To return to the main topic, select the hyperlink topic at the top-left of the any page.

To return to the main menu, select the “Return Main Menu” tab in the green toolbar.

## How can I print out the article I want?

To print an article from the Natural and Alternative Treatments database, right-click your mouse inside the article and choose print.