

Guide to Using Alt HealthWatch

What is Alt HealthWatch? Alt HealthWatch is a full text EBSCOhost database which focuses on the many perspectives of complementary, holistic and integrated approaches to health care and wellness.

What's in Alt HealthWatch? In this database, you can access articles from nearly 180 international and often peer-reviewed journals and reports. In addition, there are hundreds of pamphlets, booklets, special reports, original research and book excerpts. Full text titles include American Journal of Chinese Medicine, American Journal of Homeopathic Medicine, California Journal of Oriental Medicine, European Journal of Clinical Hypnosis, International Journal of Medicinal Mushrooms, Journal of Alternative & Complementary Medicine, Journal of Asian Natural Products Research, Journal of the Australian Traditional-Medicine Society, Journal of the Canadian Chiropractic Association and many others. Alt HealthWatch provides in-depth coverage across the full spectrum of subject areas covered by complementary and alternative medicine.

How do I access Alt HealthWatch? To access this database, go to the "Databases by Subject" Web page at <http://www.deltastate.edu/pages/676.asp>. On this Web page, click the "Quick jump to a database" drop-down menu. In this menu, select Alt HealthWatch. To access this database from off campus, refer to the "Guide to Accessing Databases Off Campus," that is available in Roberts-LaForge Library and online at <http://www.deltastate.edu/pages/2237.asp>

Performing an Advanced Search in Alt HealthWatch

The screenshot shows the EBSCOhost search interface. At the top, there are navigation links: "New Search", "Subjects", "Publications", "Images", "More", "Sign In to My EBSCOhost", "Folder", "New Features!", "Ask a Librarian", and "Help". The main search area has a search bar containing "Alt HealthWatch" and a "Choose Databases" link. Below the search bar are three search boxes, each with an "and" operator and a "Select a Field (optional)" dropdown menu. There are "Search" and "Clear" buttons. The Delta State University logo is visible in the top right. At the bottom, there are links for "Basic Search", "Advanced Search", "Visual Search", "Search History/Alerts", and "Preferences". A "Reset" button is located in the bottom right corner.

The advanced search screen provides three search boxes into which you can type search terms. Also, there are three search option drop-down menus which allow you to specify what type of search you wish to perform:

- “TX All Text”
- “AU Author”
- “TI Title”
- “SU Subject Terms.”

Using Boolean Operators

Boolean operators are the words **and**, **or**, and **not**. Clicking on a drop-down menu containing the word “and” will display the Boolean operators (See Figure above). For an explanation of how these operators can effect your search, consult the table below:


Boolean Operator	Explanation (using search terms obesity and heart disease)
obesity and heart disease	To find resources about obesity and heart disease
obesity or heart disease	To find resources about obesity, resources about heart disease, and resources about both topics
obesity not heart disease	To find resources about obesity only

Limiting Results


An added benefit in the *Advanced Search* is the presence of more specific limiters. For instance, if a researcher knew he needed to find a Scholarly, peer-reviewed articles, articles in a certain publication, or article published within the previous three years, the special limiters section in the *Basic* and *Advanced Search* screens would be most useful.


Understanding the Search Results: When performing a *Basic* or *Advanced Search*, citations are in chronological order, with the most recent articles first. Click on the title (underlined and in blue) to see the complete citation which includes an abstract. Full text is indicated by a blue link titled “HTML Full Text,” or “PDF Full Text.”

If full-text is not available:


5. [ESTRIOL: Its Weakness is Its Strength.](#) 

By: Franks, Olivia A.M.; Wright, Jonathan V.. Life Extension, Aug2008, Vol. 14 Issue 8, p42-50, 8p; (AN 33355436)

 [PDF Full Text](#) (3.5MB)


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Notes: This library DOES NOT CURRENTLY SUBSCRIBE to this source. For complete information, consult the DSU Serial Holdings binder or Merlin.

6. [Resveratrol as an Inhibitor of Carcinogenesis.](#) 


By: Pezzuto, John M.. Pharmaceutical Biology, Aug2008, Vol. 46 Issue 7/8, p443-573, 131p, 1 chart, 1 graph; DOI: 10.1080/13880200802116610; (AN 32745876)

Abstract Only


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Notes: This library DOES NOT CURRENTLY SUBSCRIBE to this source. For complete information, consult the DSU Serial Holdings binder or Merlin.

7. [Breathe Easy with Greens.](#) 

Prevention, Aug2008, Vol. 60 Issue 8, p57-57, 1p, 1 color; (AN 33012102)

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Notes: Delta State University CURRENTLY SUBSCRIBES to this title. For complete information, consult the library's serial holdings binder or online catalog.

1.) The SFX button links to full-text outside of Alt HealthWatch . If the full-text is not available elsewhere, SFX provides a link to an interlibrary loan request.

2.) A separate link takes you to the library's catalog to check print holdings.

Alt HealthWatch is one of many databases provided by *EBSCOhost*. *EBSCOhost* provides many advanced features for the researcher, including the ability to print, email or save searches either to an external drive or online in its *My EBSCOhost* space. To learn more about these advanced features click the **HELP** link which is positioned in the top right and corner of the Advanced Search Page above the words Delta State University or consult the "Guide to Using *EBSCOhost*" available in the Roberts-LaForge library and online at <http://www.deltastate.edu/docs/library/ebscost.pdf>

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