

Here are some links on Science Based Resources to learn some more information about Herbs and Healing. We encourage everyone to research supplements before you jump in and start using them.

National Institutes of Health, National Center for Complementary & Integrative Health

Herbs at a Glance is a series of brief fact sheets that provides basic information about specific herbs or botanicals—common names, what the science says, potential side effects and cautions, and resources for more information.

<https://nccih.nih.gov/health/herbsataglance.htm>

Know the Science: On this page you'll find tools to help you better understand complex scientific topics that relate to health research so that you can be discerning about what you hear and read and make well-informed decisions about your health. Know the Science features a variety of materials including interactive modules, quizzes, and videos to provide engaging, straightforward content.

The 4 modules are:

Module: 9 questions to help you make sense of health research

Module: How Medications and Supplements can interact

Module: The facts about health news stories

Module: 6 commonly misunderstood words about complementary health approaches

<https://nccih.nih.gov/health/know-science>

Memorial Sloan Kettering Cancer Center

About Herbs App

<https://www.mskcc.org/cancer-care/diagnosis-treatment/symptom-management/integrative-medicine/herbs/about-herbs>

Another website that would be of interest for safety and drug interactions:

https://medlineplus.gov/druginfo/herb_All.html