

Cambridge University Press

978-0-521-54222-7 - Marginal to Mainstream: Alternative Medicine in America

Mary Ruggie

Index

[More information](#)

Index

- access to health care, 42, 55
- acupressure, 7, 91. *See also* reflexology
- acupuncture, 1, 7, 10, 17, 28, 39, 56, 63, 77, 89–92, 94, 124, 125, 156–60, 162, 187, 189, 195, 196
- electroacupuncture, 157
- safety of, 157
- sham, 157–60
- See also* traditional oriental medicine
- addiction, 157, 160
- adverse consequences of CAM. *See* safety
- Aetna, 91
- African Americans, 42, 142–4.
- See also* race, and ethnicity
- age, 45, 51
- baby boomers, 29
- children, 154, 162–4, 171
- of CAM users, 71
- older people, 105, 175–7
- alcoholism. *See* addiction
- allergies, 102
- allopathy, 28
- alternative medicine,
- Office of. *See* National Center for Complementary and Alternative Medicine
- See also* complementary and alternative medicine
- Alzheimer's disease, 153
- American Academy on Physician and Patient, 81
- American Massage Therapy Association, 91
- American Medical Association (AMA), 12, 28, 75, 76, 96, 114, 160
- Committee on Quackery, 160
- anecdotes, 116–17, 121, 163
- antioxidants, 153
- Appropriations Committee.
- See* government, Congress
- art therapy, 6
- arthritis, 1, 158. *See also* pain
- aspirin, 112, 120
- Association of American Medical Colleges, 79
- Australia, 47, 49, 50, 119
- authority, 21, 22, 34–5, 37
- medical, 35, 45, 79, 93
- autonomy,
- of patients, 82, 86
- of physicians, 84–5
- See also* decision making; patients, responsibility; physicians, relations with patients; self care
- Ayurvedic medicine, 4, 63, 173–4, 180, 181
- balance, 174. *See also* tai chi
- baby boomers, 71. *See also* age
- bee pollen, 102
- beliefs,
- of CAM users, 59–69, 122
- religious, 61, 172

- See also* culture, optimism, spirituality, subjectivity
- Benson, Herbert, 1, 65
- bias
 publication, 128, 182, 189
 selection, 107
- biofeedback, 6, 83, 89, 91, 169
- biofield energetics, 6, 185, 189. *See also* energy healing, human energy field
- biological correlates. *See* correlates, biological
- biological markers. *See* correlates, biological
- biopsychosocial model, 83.
See also psychosocial
- black cohosh, 153.
See also menopause
- blinding, 104–6, 110, 114, 128, 158, 161, 163. *See also* Table 6.3
- blood levels. *See* correlates, biological
- Blue Cross/Blue Shield, 91
- bone metabolism. *See* correlates, biological; osteoporosis
- bone-setting, 19, 160
- botanicals. *See* herbs
- boundaries, boundary work, 31, 33, 35, 39–40, 54, 99, 122
- brain, 157, 166, 169, 174
- breathing, 153, 171, 173, 175
- Britain, 47, 48, 51, 57, 119
- CAM. *See* complementary and alternative medicine
- Canada, 47, 50, 119
- cancer, 1, 2, 8, 51, 56–9, 91, 113, 130, 153, 172–3, 180, 189, 197
- cardiac. *See* heart
- cardiosurgery, 94, 168–9
- case studies, 116–117, 125, 191–2
- causality, 122, 126. *See also* mechanisms of action
- cerebral palsy, 162–4
- certification, 91, 160, 167, 170, 173, 175. *See also* licensing
- chamomile, 154
- Chantilly Conference. *See* National Center for Complementary and Alternative Medicine, Workshop on Alternative Medicine
- children. *See* age
- Chinese herbal formula, 156. *See also* traditional oriental medicine
- Chiropractic/chiropractors, 12, 17, 19, 56–75, 90–1, 124, 160–4, 189 and sham, 161–2
- Council on Chiropractic Education, 160
See also cranial sacral manipulation, osteopathy, spinal manipulation
- chronic illness, 45, 50, 54, 92, 95, 105, 126
- clinical equipoise, 123
- clinical trials. *See* randomized, controlled clinical trials
- cocaine. *See* addiction
- Cochrane Collaboration, 119–20, 128–9, 182
- cognition, 66–7
- collective energy, 68
- Columbia University, 97, 135, 153, 156, 180
- Committee on Appropriations.
See government, Congress
- Committee on Quackery. *See* American Medical Association, Committee on Quackery
- communication,
 between physicians and patients. *See* physicians, relations with patients
 between physicians and practitioners.
See physicians, communications with CAM practitioners
- community, 63, 67
 CAM. *See* complementary and alternative medicine, practitioners medical. *See* physicians
- competition, 24, 27, 28, 31, 35, 39, 89
- complementary and alternative medicine (CAM)
 and science, 9–11, 23, 33, 35, 38–40, 54, 97, 102–4, 122, 164, 201
 boundaries of, 30–1, 36–7
 definitions of, 27, 32, 35–41
 government expenditures for, 16, 130, 199
 insurance coverage for, 194–5, 197
 journals, 44, 128, 190–1
 legitimacy of, 33, 155, 187, 201
 patient out-of-pocket payments for, 43, 91, 152

- practitioners. *See* practitioners of CAM
 private foundation grants, 135
See also integrative clinics
 referrals for, 57, 88–92, 156, 161, 195
 research standards for, 182–3
 status of, 19–20, 25, 36–7, 40–2, 129
See also specific therapies, Table 1.1
 conferences. *See* National Center for Complementary and Alternative Medicine, research methodology conference, Workshop on Alternative Medicine
 Congress. *See* government, Congress
 CONSORT statement, 108, 118
 controls/control group, 104–5, 109, 115, 124, 158, 160–7, 169–75, 179
 no treatment/wait, 128, 160, 162, 168, 175
 sham, 112, 159, 161–3, 167, 172–3
See also placebo; randomized, controlled clinical trials, research design, *Table 6.3*
 controlled clinical trials. *See* randomized, controlled clinical trials
 correlates,
 bioelectromagnetic, 166
 biological, 65, 66, 83, 94, 116, 126, 153, 157, 158, 161, 166, 168–70, 173, 180
 psychological, 66, 89
 cost-benefit analyses, 94–5, 193–5, 197
 Council on Chiropractic Education, 160.
See also chiropractic
 Council for International Organizations of Medical Sciences, 114
 cranial sacral manipulation, 162–4.
See also chiropractic, osteopathy, spinal manipulation
 credentialing, 90–1. *See also* certification, licensing
 Cross-over methodology, 128
 culture, 21, 23, 24, 37, 71–3, 127
 counter, 29
 epistemic, 34
 medical, 45, 79, 81, 82, 84, 111
 (*See also* decision making, physicians)
 popular, 24
 cultural creatives, 61, 69–71
 daily functioning, 163. *See also* quality of life
 dance therapy, 6, 63
 decision making, 25, 52, 57, 58, 70, 79, 82, 93–4, 116, 118, 163, 190, 193, 199. *See also* physicians, relations with patients; patients, responsibility
 Declaration of Helsinki, 114–15
 definitions, 61
 and knowledge, 27
 of CAM, 29–32, 35–41
 of integrative medicine, 195
 of medical system, 37
 demedicalization, 46. *See also* culture, medical; decision making
 dental treatment, 159, 179
 depersonalization, 46
 depression, 62, 112, 154, 174. *See also* mental health
 diabetes, 167–8
 diagnosis,
 medical, 79, 85, 154, 180
 self, 92
 diet, 1, 32, 52, 56, 83, 124, 156, 170, 172, 173, 178–81, 196
 dietary supplements, 43, 52, 56–7, 83, 91, 152, 178–80. *See also* herbs
 Dietary Supplement and Health Education Act, 152
 dong quai, 39
 double-blind, 106. *See also* blinding
 drugs. *See* pharmaceuticals
 dualism, 83. *See also* culture, medical
 Durkheim, 68, 73
 ear infection, 163–4
 echinacea, 94, 164
 education
 medical, 28, 79–81, 83, 88
 of CAM practitioners.
See credentialing, licensing
 of CAM users, 45, 55–6, 69
 of chiropractors, 160
 of naturopaths, 177–8
 of pharmacists, 96
 on CAM for medical students and physicians, 32, 76, 96–7, 99
 elective affinity, 61, 63–70

- electroacupuncture. *See* acupuncture, electroacupuncture
- electromagnetic imaging. *See* technology
- Emory University, 176–7
- empathy, 87–8, 99, 100
- empowerment, 52–9, 93–4
- energy healing, 67, 70, 94, 124, 165–9, 185. *See also* human energy field
- environmentalism, 8, 29, 61, 69
- estrogen. *See* hormones, menopause
- ethics,
 and medicine, 75, 79, 81, 85, 92, 100, 179
 and placebos, 113–16, 122
 and sham, 158, 160, 162, 163, 167
- ethnobotany, 180
- Europe, 18. *See also* Australia, Britain, Canada, Germany, international
- evidence, 12, 22–3, 28, 34, 76, 83, 103, 117, 120, 122, 125
 and CAM, 2, 9, 17, 82, 97, 121, 123, 129, 153, 161–2, 166–7, 170, 187, 196
See also evidence-based medicine, surveys
- evidence-based medicine, 34, 118–20, 182. *See also* evidence
- exercise, 52, 56, 67, 83, 170, 172, 181
- expectations,
 of clinicians, researchers, 105, 165–7, 170 (*See also* hypotheses)
 of patients, 107, 111, 112, 118, 161, 177–8 (*See also* placebo, subjectivity)
 of practitioner. *See* practitioner, intention
- expenditures on CAM,
 government, 16, 130, 199
 insurance, 194–5, 197
 patient out-of-pocket, 43, 91, 152
- experimental group, 105, 109, 128. *See also* control group, *specific therapies*
- faith, 22, 61, 63, 67. *See also* beliefs, optimism, religion, spirituality
- feminism, 29, 58, 61, 69, 72
- fibromyalgia, 158
- Flexner Report, 28, 177
- folk medicine, 55, 57
- Food and Drug Administration (FDA), 2, 103, 114, 120, 183, 188, 199–200
- Food and Drugs Act, 28
- frontier medicine, 182
- gatekeepers. *See* physicians, gatekeepers
- government,
 and integrative clinics, 17
 Congress, 16–17, 40–1, 101, 130, 136, 152, 198–200
 states, 17, 90–1
 expenditure on CAM, 16, 130, 199
- guided imagery, 6, 56, 94, 170–1, 196
- guidelines, 1, 76, 80, 96, 98, 108, 115, 120, 123, 124
- Harkin, Senator Thomas R., 102, 198–199
- Hawthorne effect, 128
- healing, 3, 11, 12, 17, 29, 36, 59, 60, 67, 68, 77, 83, 93, 95, 99, 103, 126, 127, 169
 distant. *See* prayer, intercessory
 manual. *See* chiropractic, massage, osteopathy
 mental. *See* mind-body therapies
 religious. *See* prayer (*See also* energy healing, *specific therapies*, spiritual healing)
- health education, 170, 172
- health care,
 costs, 17, 85, 92 (*See also* cost-benefit analyses)
 quality of, 45, 85, 193
- health maintenance organizations. *See* managed care organizations
- heart palpitations. *See* correlates, biological
- heart patients, 1, 168–9, 172, 174, 197
- herbs, 2, 7, 10, 28, 38, 56, 57, 70, 83, 90, 91, 96, 152–6, 164, 178–80, 199–200
 ephedra, 2
 safety of, 57, 78, 154, 182, 188–9
 status, 152, 154
- holism, 7, 11, 29, 35, 38, 39, 60, 64, 68, 72, 73, 82–3, 155, 156, 165, 175–7

- holistic systems. *See* Ayurvedic medicine, naturopathy, traditional oriental medicine
- homeopathy, 8, 39, 57, 178
- hope. *See* beliefs, expectations, faith, optimism
- hormones, 153, 168. *See also* menopause, hormone replacement therapy
- hormone replacement therapy, 189.
See also menopause, hormones
- hospitals, 32, 46, 85, 86, 94, 195, 197–8
- human energy field, 38, 68, 166–7
- humanism, 81, 202
- hyperbaric oxygen therapy, 136
- hypnosis/hypnotherapy, 6, 89, 91
- hypotheses, 103, 168–70, 172, 173, 175.
See also randomized, controlled clinical trials
- ideology, 21, 26, 31, 34, 123, 124, 192
- immune system. *See* correlates, biological
- income of CAM users, 45, 55
- income of CAM practitioners, 197
- informed consent, 85, 86, 93, 114–16, 126, 163, 171
- insurance/insurers, 84, 87
for CAM, 17, 18, 91–2, 156, 161, 193–5, 197
See also MCOs
- integration, 20, 30, 72, 83, 95, 100, 102, 119, 178
- integrative medicine clinics, 17, 131, 195–8, 201
- intention. *See* practitioner, intention
- interests, 25–6, 31, 34, 102, 114
of insurers, 92, 194
of patients, 86, 115
of physicians, 87, 192
- international, 108, 114. *See also*, Australia, Britain, Canada, Declaration of Helsinki, Europe, Germany, World Health Organization
- intuition, 25, 88, 118, 201
- Jacobs, Dr. Joseph, 102, 103
- Jonas, Dr. Wayne B., 103
- Johns Hopkins University, 153, 171–3
- Joint Commission on Accreditation of Healthcare Organizations, 196
- journals
CAM, 44, 128, 190–1
medical, 32, 78, 87, 98, 106–8, 117, 128, 165, 190–1
peer-reviewed, 181–2
- Kaiser, 91, 136
- Kaiser Foundation, 179
- knowledge,
and CAM, 39–40, 57, 58, 121, 155
and culture, 73
and medicine/physicians, 77, 79, 80, 83, 89, 97
and ideology, 21, 26
and patients, 81, 111
and research, 117–18, 129, 181
and science, 103, 181
formal, 14, 22–4, 26
in contemporary society, 20–7
informal, 14, 22–6, 40
- language, 3, 9, 21, 30, 33, 35, 40, 45, 54, 66, 80, 81, 178, 185, 193
and surveys, 55
- legitimacy,
of CAM, 33, 37, 42, 101, 104, 121, 130, 152, 155, 181, 183, 187, 193, 201
of chiropractors, 19, 160–1
- licensing, 90–1, 156, 160, 167, 173, 177
- lifestyles, 62, 63, 92, 156, 178, 180
- magnetic resonance imaging.
See technology
- Maharishi University, 136, 170, 180
- mainstreaming, 9, 13–17, 183, 184, 187, 195, 200–202
- managed care organizations (MCOs), 46, 84–95, 161, 193–195
- mantra, 65–67. *See also* meditation, transcendental meditation
- mass media, 24, 26, 44, 45, 57, 81, 86
- massage therapy, 6, 56, 63, 66, 89–91, 94, 189, 196
- measurements, 116
of outcomes, 126–8, 155–7, 161–4, 166, 169, 171, 173, 175, 180, 182
(*See also* Table 6.3)
- mechanisms of action, 121, 122, 153, 155, 157, 161, 166–8

- Medicaid, 17, 86
 medical associations, 96. *See also*
 American Medical Association
 medical devices, 86, 103, 112
 medical interview, 98
 medical schools. *See* education, medical
 medical students. *See* education, on CAM
 for medical students and physicians
 Medical Subject Headings Term Working
 Group, 40
 Medicare, 86
 medicine,
 as a field, 7–9, 11, 34, 59, 73, 80–1,
 104–20
 patient dissatisfaction with, 45–52,
 58–9
 history of, 19, 27–8
 physicians dissatisfaction with, 84
 relationship with CAM, 8–14, 17–20,
 27, 30–1, 35–6, 42, 95–100,
 121–6
 See also ethics, and medicine;
 evidence-based medicine, physicians
 meditation, 1, 6, 63, 65–8, 83, 94, 124,
 170, 172, 180, 181
 Medline, 128, 182
 menopause, 2, 39, 153. *See also*
 hormones, hormone replacement
 therapy
 mental health, 67, 68, 89, 94. *See also*
 depression
 mesmerism, 19
 meta-analysis, 119, 120, 129, 164, 182
 metabolism. *See* correlates, biological
 metal rods, 29
 midwifery, 18
 mind-body therapies, 6–7, 51, 63, 83, 88,
 164–73, 189, 196. *See also specific*
 therapies
 mindfulness, 173. *See also* meditation,
 mind-body therapies
 Minneapolis Medical Research
 Foundation, 135, 157
 morphine, 112
 movement therapies, 173–7, 197. *See*
 also specific therapies
 multiple sclerosis, 153, 175–6, 178–9
 music therapy, 39, 94
 muskuloskeletal problems, 174
 mysticism, 23, 33
 National Center for Complementary and
 Alternative Medicine (NCCAM), 9,
 16, 37, 40, 101–3, 121–3, 130,
 135–6, 152, 154, 182–3, 188,
 199–200
 budget, 130 (*See also* government,
 expenditure on CAM)
 research methodology conference,
 30–1, 36–7
 Workshop on Alternative Medicine, 6,
 9, 37–8, 102, 122, 125, 131
 National Institutes of Health (NIH), 3,
 9–10, 16, 33, 41, 101, 122, 123,
 130, 135, 182, 198–9
 National Library of Medicine, 40
 National Science Foundation, 123
 Native Americans, 4, 42, 63. *See also*
 race, and ethnicity
 naturopathy, naturopaths, 4, 17, 63, 64,
 90, 92, 177–9
 NCCAM. *See* National Center for
 Complementary and Alternative
 Medicine
 New Age, 70
 placebo, 110
 nurses, 46, 128, 175
 nutrition. *See* diet

 objectivity, 116, 118, 122, 123, 126–8
 observational studies, 116–18, 121, 126,
 127, 191–2
 occult, 70
 Office of Alternative Medicine. *See*
 National Center for Complementary
 and Alternative Medicine
 Office of Dietary Supplements, 154
 Office of Technology Assessment, 120
 Office of Unconventional Medical
 Practice. *See* National Center for
 Complementary and Alternative
 Medicine
 oncology. *See* cancer
 optimism, 66, 67. *See also* beliefs,
 expectations, faith
 Oregon Health and Science University,
 136, 153, 159, 175–6, 178–9
 Oregon School of Oriental Medicine,
 159
 osteoarthritis, 159
 osteoporosis, 172

Index

229

- osteopathy, osteopaths, 4, 19, 76, 90, 162–4. *See also* chiropractic, cranial sacral manipulation, spinal manipulation
- Oxford Health Plans, 91
- pain, 112, 116, 153, 157, 159–61, 171
- palliative care, 1
- Palmer Center, 135, 136, 161–2
- Parkinson's disease, 1, 112, 176–7
- patients,
 - age of CAM users, 71
 - autonomy of, 82, 86
 - education of CAM users, 45, 55–6, 69
 - expectations of, 107, 111, 112, 118, 161, 177–8 (*See also* placebo, subjectivity)
 - income of CAM users, 45, 55
 - interests of, 86, 115
 - out-of-pocket payments for CAM, 43, 91, 152
 - relations with CAM practitioners, 88
 - relations with physicians, 52–4, 77–88, 93–5, 98, 115, 196
 - responsibility, 36, 57, 58 (*See also* self-care, decision making)
 - use of CAM, 186–7 (*See also* surveys, of patients, of patient disclosure, of patient satisfaction, of patient use of CAM)
 - visits to CAM practitioners, 43
 - visits to physicians, 43, 85, 86, 91*See also* cancer, heart patients, informed consent, Patients' Bill of Rights, women
- Patients' Bill of Rights, 46, 87
- peer review, 122, 131, 181–2, 190–1
- periodontitis, 179
- Perkins, Elisha, 29
- pharmaceuticals/pharmacological, 10, 86, 110, 112–15, 120, 154, 155, 178
- pharmacists, 96
- phase I clinical trials, 125, 153
- phase II clinical trials, 125, 153, 179
- phase III clinical trials, 125, 153, 154, 160
- philosophies,
 - of acupuncture, 158
 - of CAM, 93 (*See also* complementary and alternative medicine, definitions of; healing, holism)
 - of medicine, 170
 - of qigong, 168
 - of reiki, 169
 - of therapeutic touch, 165–6
 - of traditional oriental medicine, 124, 169
 - of transcendental meditation, 170
 - of yoga, 176
 - personal, 59–69
- physicians,
 - and informed consent, 115
 - and integrative clinics, 196
 - and MCOs, 84–95
 - as CAM practitioners, 77
 - attitudes toward CAM, 12, 13, 32–3, 76–9, 82–3, 88–90, 93, 95–100, 103, 120, 123, 185–93
 - attitudes toward RCTs, 108–9
 - communications with CAM practitioners, 90, 196 (*See also* referrals for CAM)
 - education, 28, 79–81, 83, 87–8
 - primary care, gatekeepers, generalists, 85, 86, 89, 178, 195
 - psychiatrists, 63
 - relations with patients, 52–4, 77–88, 93–5, 98, 115, 196
 - use of CAM, 89, 90*See also* medicine
- physical therapy/therapist, 56, 91, 163, 175, 176
- pilot studies, 126, 159, 161, 163, 164, 178
- placebo, 1, 104, 105, 108, 109, 112, 128, 154, 159, 164, 165, 167–70, 172, 175, 179, 181. *See also* controls, Table 6.3
- politics, 12, 17, 20, 25, 31, 34, 37, 123
- power, 26, 27, 34, 35
- practitioners of CAM, 13, 25, 39, 52, 77, 93, 124, 176, 180, 200–2
 - communications with physicians, 196
 - in energy healing, 166
 - in reiki, 169
 - in qigong, 168
 - in transcendental meditation, 170
 - in yoga, 175

- income, 197
intention, 165–7
relationships with patients, 88
scope-of-practice, 91, 161
training, 44, 77, 96 (*See also*
certification, licensing)
See also specific therapies
- prayer, 6, 57, 59, 61, 64–7, 89, 98, 171–3
intercessory, 100
See also spirituality, spiritual healing
- prevention/preventive health care, 92, 94,
119, 178, 194
- Prudential, 91
- psychological correlates. *See* correlates,
psychological
- psychological, 63, 66, 69, 110. *See also*
self, sense of; mental health
- psychosocial, 99. *See also*
biopsychosocial
- psychospiritual, 179
- psychotherapy, 6, 56, 61, 168
- publication bias. *See* bias, publication
- Purdue University, 136
- quackery, 28, 29, 41
Committee on, 75
- quality of life, 126–8, 163, 173
- qigong, 7, 66–8, 168–9, 173, 176, 181
- race, 45
and ethnicity, 55, 57, 81
See also African Americans, Native
Americans
- randomization, 105, 107–9. *See also*
randomized, controlled clinical trials
- randomized, controlled clinical trials
(RCTs), 10, 11, 94, 97
and acupuncture, 157–60
and CAM, 120–9, 152, 159, 181–3
and chiropractors, 161–2
and herbs, 153–7
and guided imagery, 171
and medicine, 103–20, 188–91
and meditation, 170
and movement therapies, 174–7
and naturopathy, 175
and prayer, 172–3
and qigong, 168–9
and reiki, 167–9
and yoga, 175–6, 179
- size of, 106, 109, 167, 179
See also controls; placebo; research
design; science, and research
- rationality, 22, 69, 92, 93, 118, 193
- reductionism, 24, 36, 66, 99, 155, 169,
180
- referrals for CAM, 57, 88–92, 156, 161,
195
- reflexology, 7, 181
- reiki, 6, 66, 94, 124, 169
- relaxation, 6, 56, 83, 89, 94, 111, 126,
168–9, 171, 173, 196
- relaxation response, 1, 65
- reliability (*See* validity)
- religion, 21, 65, 99, 172
- request for applications (RFA), 135
- research design, 103–7, 153, 175
and acupuncture, 159
and biofeedback, relaxation, 169
and CAM, 123–5, 152
and chiropractic, 161
and echinacea, osteopathic
manipulation, 164
and guided imagery, 171
and herbs, 153
and naturopathy, 175–6, 178–9
and qigong, 168–9
and prayer, 172–3
and reiki, 167–8
and tai chi, 176–7
and yoga, 175–6
See also Table 6.3
- ritual, 68, 180
- safety,
of acupuncture, 157
of CAM, 13, 182–3, 189
of clinical trials, 115
of herbs, 153
of naturopathy, 179
- science
and CAM, 9–11, 23, 33, 35, 38–40,
54, 97, 102–4, 122, 164, 201
and knowledge, 22–3, 26
and naturopathy, 178
and medicine, 8, 21, 28, 33–4, 83,
99
and research, 11–12, 14, 16, 34, 121,
136 (*See also* randomized, controlled
clinical trials; research design)

- as an institution, 12–3, 19, 22, 34–5, 99–101
- basic, 153–4, 156–7, 161
- sociology of, 34–5, 40 (*See also* social sciences)
- scientists, 31, 34, 35
- self, sense of, 67, 72–3
- self-care, 44, 51, 52, 58, 83, 92–3
- self-control, 52–9
- self-help. *See* self care
- self-interest. *See* interests
- self-reports, 116, 126, 164, 171, 172
- seneca snakeroot, 29
- Senate Appropriations Committee. *See* government, Congress
- sham control. *See* controls, sham
- social sciences, 68, 126
- sociologists, 68, 79, 128, 198
- sour cherries, 153
- soy, 153
- spending on CAM. *See* complementary and alternative medicine, government expenditures for, insurance coverage for, patient out-of-pocket payments for
- spinal manipulation, 158. *See also* chiropractic, cranial sacral manipulation, osteopathy
- spirituality, 21, 29, 35, 38, 56, 59, 61–70, 73, 95, 178
 - and physicians, 98–100
 - definition of, 61
 - See also* prayer
- spiritual healing, 89, 171–3, 179. *See also* prayer
- standardization
 - of CAM therapies, 124, 180
 - of chiropractic, 161
 - of energy healing, 167
 - of herbs, 153, 164
 - of groups, 173
 - of guided imagery, 170–1
 - of holistic systems, 177
 - of movement therapies, 176
 - of naturopathy, 178, 179
 - of Transcendental medication, 170
 - of yoga, 175
- statistical significance, 106, 110
- statistical techniques, 111
- status of CAM. *See* complementary and alternative medicine, status of, legitimacy of
- St. John's Wort, 154
- Straus, Dr. Stephen, 123
- stress management. *See* relaxation
- subjectivity, 116, 122, 126–8
- surgery, 10, 91, 94, 159, 168–9, 197
 - sham, 1, 112
- surveys, 125
 - and language, 55
 - of hospitals, 32
 - of medical students and CAM, 97
 - of mental health, 89
 - of naturopaths, 178
 - of patients, 43, 60, 69
 - of patient disclosure, 52–4, 78
 - of patient satisfaction with CAM, 50
 - of patient use of CAM, 47–52, 55–9, 71
 - of physicians, 98
 - of physicians and CAM, 76–8, 82
 - of physicians and MCOs, 85–6
 - of placebos, 112
- systematic reviews, 119, 129, 164, 182
- tai chi, 7, 66–8, 94, 173, 176–7, 181, 189
- technology, 21, 47, 80, 116, 127, 157, 161, 163–6, 169, 174, 196
- Tennent, John, 29
- therapeutic touch, 56, 165–6, 182. *See also* energy healing
- traditional Chinese medicine. *See* traditional oriental medicine
- traditional oriental medicine, 7, 8, 156, 163, 169, 181. *See also* acupuncture
- training of CAM practitioners. *See* practitioners of CAM, training
- transcendental meditation, 66, 170. *See also* meditation, relaxation response
- University of Arizona, 162–4, 171
- University of Illinois at Chicago, 153
- University of Maryland, 128, 131, 135, 157, 159

Cambridge University Press

978-0-521-54222-7 - Marginal to Mainstream: Alternative Medicine in America

Mary Ruggie

Index

[More information](#)

232

Index

- University of Michigan, 167–9
- University of Pennsylvania, 136
- validity, 105–8, 116, 126, 164
- values, 59–69, 80, 81, 127. *See also*
 - beliefs, culture, empathy, ethics,
 - faith, holism, humanism
- visits,
 - to CAM practitioners, 43
 - to physicians, 43, 85, 86, 91
- visualization, 65–6
- vitamins. *See* dietary supplements
- Washington state, 17
- well-being, 51, 54, 63, 64, 66, 94, 107, 127, 175, 195
 - mental, 127
 - spiritual, 127
- White House Commission on Complementary and Alternative Medicine Policy, 199–200
- women, 51, 72, 161
 - and CAM, 45, 58–9, 131
 - and cancer, 45–52, 58–9
 - and hormone replacement therapy, 189
 - as physicians, 77
- World Health Organization, 30, 114, 127
- World Medical Association, Committee on Medical Ethics, 114
- Workshop on Alternative Medicine. *See* National Center for Complementary and Alternative Medicine, Workshop on Alternative Medicine
- yoga, 6, 63, 66–8, 83, 94, 173–6, 189
 - sham, 174
- Zoloff, 155