



NIH...Turning Discovery Into Health®

Health Information

[A–Z Index of Health Topics](#) ▶

Evidence-based information on [treatments and conditions](#)

Featured Health Topics



[Menopause Information](#)

Information and resources about menopause, the permanent end of a woman's menstrual periods, science and safety of complementary health approaches to treat menopausal symptoms.



[Complementary Health Approaches on NIH Senior Health](#) (NIA)

Includes safety info, videos, and an interactive quiz!



[Probiotics Information](#)

Information and resources about Probiotics.

[Herbs at a Glance](#) ▶

Fact sheets about [specific herbs and botanicals](#).

[Clinical Trials](#) ▶

Carefully conducted [health research studies](#).

[Resource Links](#) ▶

CAM health and research [information at other Federal agencies](#).

[Información en Español](#) ▶

Selected [Spanish-language](#) fact sheets and more.

[What Is CAM?](#) ▶

Complementary and alternative medicine (CAM) is a group of diverse medical and health care systems, practices, and products that are not generally considered part of conventional medicine. [Learn about the basics about complementary health practices](#). [Find statistics about usage](#).

[Be an Informed Consumer](#) ▶

What you should know before using CAM. This section covers [issues to consider](#) as well as information about [dietary and herbal supplements](#).

[For Health Care Professionals](#) ▶

Online resources and information about CAM topics for health care professionals. Includes [evidence-based reviews, clinical practice guidelines, and more](#).

[Safe Use of Complementary Health Products and Practices](#)

It is important to consider safety before using complementary health products and practices.

[How To Find a CAM Practitioner](#) ▶

NCCAM does not provide referrals or care for the general public. These resources, however, may help you find a CAM practitioner.

[Multimedia](#) ▶

Video, image, and audio resources from NCCAM

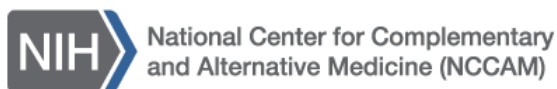
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National Center for Complementary and Alternative Medicine (NCCAM), 9000 Rockville Pike, Bethesda, Maryland 20892



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NCCAM Clearinghouse

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Services and Hours

The NCCAM Clearinghouse...

- Responds to inquiries, in English or Spanish
- Distributes NCCAM publications and selected other Federal publications on complementary health approaches
- Retrieves information from Federal databases of peer-reviewed scientific and medical literature
- Makes referrals to other Federal resources as appropriate
- Is open Monday through Friday from 8:30 a.m.–5:00 p.m. ET (except Federal holidays)

How To Contact the Clearinghouse

NCCAM Clearinghouse

The NCCAM Clearinghouse provides information on complementary health approaches and NCCAM, including publications and searches of Federal databases of scientific and medical literature. The Clearinghouse does not provide medical advice, treatment recommendations, or referrals to practitioners.

Toll-free in the U.S.: 1-888-644-6226

TTY (for deaf and hard-of-hearing callers): 1-866-464-3615

Web site: nccam.nih.gov

E-mail:

info@nccam.nih.gov



[Email NCCAM With Our Online Form](#) ▶

Purpose

As one of its mandates from Congress, NCCAM is charged with "the dissemination of health information... with respect to identifying, investigating, and validating complementary and alternative treatment, diagnostic, and prevention modalities, disciplines, and systems." (Public Law 105-277) The NCCAM Clearinghouse serves this mission. It is the public's point of contact for scientifically based information on **complementary and alternative medicine** and for information about **NCCAM**.

The NCCAM Clearinghouse does not provide medical advice or referrals to practitioners. Decisions about medical care and treatment should be made in consultation with a health care provider, based on the condition and needs of each person. NCCAM recommends discussing information on complementary health approaches with a health care provider before making any decisions about treatment or care.

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