

Doctor Resources

Patient, Doctor, and Mindfulness-related resource sheets as well as pdf version of talk are available at www.sustainablewellbeing.org/talks.htm

Health Care Without Harm: www.noharm.org/

Annual Conference on Creating Healing Environments: www.cleanmed.org/

Practice Greenhealth, eco-friendly practices for hospitals, practices: www.practicegreenhealth.org/

The following sites are useful for learning about various integrative medicine options at UW-Health:

1. Their website which describes the services we provide: www.uwhealth.org/integrativemed
2. www.fammed.wisc.edu/integrative has resources for patient care, including a number of patient and provider handouts (and podcasts) related to a number of common conditions, such as high blood pressure, cholesterol issues, depression, arthritis. There are also handouts that deal with various mind-body techniques, nutritional tools, etc.
3. For self-care, spirituality in medicine, and avoiding burnout, there is an extensive list of readings and resources available at www.fammed.wisc.edu/aware-medicine
4. To learn about options for rotating in the Integrative Medicine Clinic at Research Park, contact Char Luchterhand (char.luchterhand@fammed.wisc.edu).