



Words About Wellness

The **PM&R and Rehabilitation Services Wellness Committee** would like to invite you to share recommendations regarding your favorite books, articles, and documentaries/films about wellness. Please e-mail [Drs. Karla Thompson or Susan Gaylord with your suggestions and comments](#). For books, you can write a short review or we can pull information from the internet. For articles, we can present the abstract and a link. We'd like to be able to recommend/review one item each month.



National Center for
Complementary and
Integrative Health

- Curious about complementary and alternative medicine? The information below is from the NCCIH's website, <https://nccih.nih.gov>
- The National Center for Complementary and Integrative Health (NCCIH) at the National Institutes of Health (NIH) is the Federal Government's lead agency for scientific research on diverse medical and health care systems, practices, and products that are not generally considered part of conventional medicine. The mission of NCCIH is to define, through rigorous scientific investigation, the **usefulness** and **safety** of complementary and integrative health interventions and their roles in improving health and health care. NCCIH funds and conducts research to help answer important scientific and public health questions about complementary health approaches -- what is promising, what helps and why, what doesn't work, and what is safe.
- NCCIH's Objectives are to
 - Advance fundamental science and methods development.
 - Improve care for hard-to-manage symptoms.
 - Foster health promotion and disease prevention.
 - Enhance the complementary and integrative health research workforce.
 - Disseminate objective evidence-based information on complementary and integrative health interventions.
- Visit the website to learn more about how NCCIH makes decisions about research funding and highlights of NCCIH-funded research, published journal articles, and more. The website also includes links to NCCIH's research blog and Online continuing education series, Distinguished Lectures series, and Integrated Medicine Lecture series.