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National Center for Complementary
and Alternative Medicine (NCCAM)

NIH...Turning Discovery Into Health®

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NCCAM Facts-at-a-Glance and Mission

The National Center for Complementary and Alternative Medicine (NCCAM) is the Federal Government's lead agency for scientific research on complementary and alternative medicine (CAM). We are 1 of the 27 institutes and centers that make up the [National Institutes of Health \(NIH\)](#) (<http://www.nih.gov/>) within the [U.S. Department of Health and Human Services](#). (<http://www.dhhs.gov/>)

Our Mission

The mission of NCCAM is to define, through rigorous scientific investigation, the usefulness and safety of complementary and alternative medicine interventions and their roles in improving health and health care.

Our Vision

Scientific evidence informs decisionmaking by the public, by health care professionals, and by health policymakers regarding use and integration of complementary and alternative medicine.

Our Research Goals and Objectives

NCCAM's programs and organization incorporate **3 long-range goals:**

1. Advance the science and practice of symptom management.

2. Develop effective, practical, personalized strategies for promoting health and well-being.
3. Enable better evidence-based decision making regarding CAM use and its integration into health care and health promotion.

Five major objectives serve the above goals:

1. Advance research on mind and body interventions, practices, and disciplines.
2. Advance research on CAM natural products.
3. Increase understanding of “real world” patterns and outcomes of CAM use and its integration into health care and health promotion.
4. Improve the capacity of the field to carry out rigorous research.
5. Develop and disseminate objective, evidence-based information on CAM interventions.

For More Information

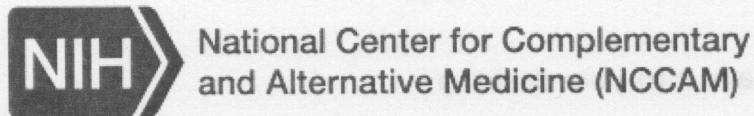
- [NCCAM’s Research Strategy \(/about/research\)](#)—Learn more about how NCCAM makes decisions about research funding
- [NCCAM Third Strategic Plan: 2011–2015 \(/about/plans/2011\)](#)
- [Research Results \(/research/results\)](#)—Highlights of NCCAM-funded research, published journal articles, and more

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

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Herbs at a Glance

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. Each fact sheet can be downloaded as a single PDF, or you can download all entries as an eBook.

If you have a Web-enabled device:

- **Download the eBook as an ePub (for Nook, iPad, and more)**
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For Nooks

1. Plug your Nook into your computer, and it will show the folders on it like a flash drive.
2. Find the folder "My Documents."
3. Copy the ePub file into the "My Documents" folder by dragging and dropping the file, or copying and pasting the file into the documents folder. Now the ePub should be on your device.

4. Disconnect your Nook and view the ePub in your Nook's library after it scans for new media.

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1. Download the ePub file and save it to your desktop.
2. If you have a Kindle device or reader, you can add a new eBook to your Kindle device or reader using e-mail or USB.

E-mail

- **If you know the e-mail address associated with your Kindle device,** attach the MOBI file to an e-mail and send it to your Kindle's e-mail address.
- **If you don't know the e-mail address associated with your Kindle device,** you can find it by selecting the "Menu" button on your Kindle's keyboard and opening the "Settings" page using the five-way controller. Then, write down the e-mail address and e-mail the mobi file to your Kindle device.

USB

- **If you have a USB cable to connect your Kindle device to your computer,** connect them. Your computer will automatically detect the Kindle. You should see it on your desktop, or with your drives.

Open the Kindle drive on your computer, and you will see some folders. Find the "My Documents" folder, and then copy the mobi file into that folder. You can copy it into the folder by dragging and dropping the file or copying and pasting the mobi file into the documents folder. Now the eBook should be on your device. Disconnect your Kindle and view the eBook in your Kindle's library.

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