# Marginal to Mainstream

Alternative Medicine in America

Mary Ruggie



**Mary Ruggie** 

Marginal to Mainstream Mary Ruggie,2004-04-08 Millions of Americans are using complementary and alternative medicine and spending billions of dollars out of pocket for it Why Do the therapies work Are they safe Are any covered by insurance How is the medical profession responding to the growing use of therapies that were only recently thought of as quackery These are some of the many questions asked and answered in this book It describes a transformation in the status of alternative medicine within health care Paving the way toward legitimacy is research currently underway and funded by the National Institutes of Health This research is proving the safety and efficacy of certain therapies and the harm or inefficacy of others While some therapies will remain alternative to conventional medicine others are becoming complementary and still others are busting the boundaries and contributing to a new approach to health and healing called integrative medicine

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