

**Mayo Clinic Medical Edge**

***Alternative Medicine***

1:00

**Log**

**Audio**

---

<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
<b>Total running time 1:16</b>	ALTERNATIVE MEDICINE IS BIG BUSINESS. EVERY YEAR CONSUMERS SPEND BILLIONS OF DOLLARS ON THERAPIES SUCH AS HERBAL SUPPLEMENTS, MASSAGE AND ACUPUNCTURE. MANY OF THESE THERAPIES DO WORK.
<b>Brent Bauer, M.D. Mayo Clinic</b>	"BUT THERE ARE ALSO THINGS OUT THERE THAT CAN CAUSE REAL HARM."
	LIKE EPHEDRA, OR MAH-WONG, FOR EXAMPLE. THE SUPPLEMENT USED FOR WEIGHT LOSS AND INCREASING ENERGY WAS BANNED FROM OVER-THE-

	<p>COUNTER USE. SO HOW DO YOU KNOW IF THE ALTERNATIVE THERAPY YOU'RE USING IS SAFE? DR. BRENT BAUER IS EDITOR OF THE <i>MAYO CLINIC BOOK OF ALTERNATIVE MEDICINE</i>.</p>
<p><b>Brent Bauer, M.D.</b> <b>Mayo Clinic</b></p>	<p>"WE WANT TO MAKE SURE THEY HAVE GOOD INFORMATION SO THEY CAN MAKE INFORMED DECISIONS ABOUT HOW TO USE WHAT'S CALLED ALTERNATIVE MEDICINE."</p>
	<p>THE BOOK TELLS YOU WHAT'S SAFE, WHAT SIMPLY DOESN'T WORK AND WHAT TO AVOID. IT ALSO EXAMINES HOW MANY DOCTORS ARE USING SOME OF THESE THERAPIES IN THEIR PRACTICES.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a>. I'M VIVIEN WILLIAMS.</p>

