

**Syllabus for OLLI course:**  
**Complementary, Alternative and Integrative Medicines**  
**Spring 2021 Semester**

**Introductory Note:**

Thank you for registering for this course.

1. Instructor Information:

Néstor A. Ramírez, MD, MPH, FAAP is a retired physician with a specialty in Neonatal-Perinatal Medicine (care of premature and ill newborn infants) and Public Health. See the OLLI Classes Fall 2020 catalogue for more details. You can contact the instructor anytime at [nestorbabydoc@gmail.com](mailto:nestorbabydoc@gmail.com)

2. General Course Information: Purpose and Plan of this Program.

The purpose of this course is to explore the diverse types of “medicines” (healing practices) which are available to consumers in modern times. (I use the word consumer with a caveat, because in the majority of instances, the patient is paying in some overt or covert manner for the services received.) We will explore the definitions and origins of some of the many treatment modalities in current use and put forth some arguments for and against their validity and usefulness. We will try to gain a valid perspective on the myriad techniques available to people suffering with a disease or illness so that individuals can evaluate the facts and form their own opinions. I will try to be objective above all, and will not render value judgements on any of the topics.

3. Course objectives:

- ❖ The participants will be able to learn about some of the many varieties of complementary, alternative and integrative medicines.
- ❖ The learners will analyze why patients stray away from conventional medical practices and search for other healing modalities.
- ❖ The attendees will understand how patients’ needs modify their behavior towards their “healers” and towards understanding their disease.
- ❖ OLLI members will be able to grasp the concept of each individual’s role in managing their own health and the treatments for their maladies.

#### 4. Course policies:

Registered OLLI members can participate in any or all sessions of the 8-week course. If special accommodations are required, they must be requested from and arranged through OLLI administration. Attendees may download all presentation materials from the OLLI website. Out of respect for the time of all participants, short questions and comments during the session (through the session host only) are permitted and encouraged. Longer discussions should be done after the end of the class.

#### 5. Grading and Evaluation:

There will not be any type of testing or grading.

#### 6. Learning Resources:

The presentations will be available on the OLLI website several days before each session as a PDF version. (In order to get the full effect of the graphics, you will need the Powerpoint software. If you email me, I can send you the Powerpoint lecture. In the Internet, you can find free software to watch the Powerpoint presentations on your device.) A *suggested optional* supplementary list of reading materials will also be posted on the website. This is alphabetized by title. Many of the references are available at the U of I library and/or the Champaign and Urbana Public libraries.

#### 7. Course Calendar:

Duration: 8 weekly sessions, Tuesdays from 1:30 PM to 3:00 PM  
January 26, 2021 to March 16, 2021

❖ **Session 1** January 26, 2021: Definitions and perceptions of health and illness through the ages. Summary of mankind's evolving explanations for the causes of their maladies.

- Various definitions of "Health", including World Health Organization's.
- Definitions of disease and illness.
- Types of healers.

❖ **Session 2** February 2, 2021: Definition and classification of "Other Medicines".

- Why patients are disillusioned with the current medical system.
- Why physicians are frustrated by that same system.
- Allopathic and homeopathic medicines.
- Manual Medicines: Osteopathic, Chiropractic, Naprapathic.
- Energy Medicines.
- Natural Medicines: Naturopathy.

- ❖ **Session 3** February 9, 2021: Ancient Asian/Oriental Medicines.
  - Traditional Chinese Medicine (TCM).
  - Acupuncture and variants.
  - Ayurveda.
  - Unani Medicine.
  
- ❖ **Session 4** February 16, 2021: Faith and Religious healing traditions.
  - Prayer as an instrument of healing.
  - Use of charms, talismans, amulets.
  - Use of incantations and orations.
  - Use of hexes and curses.
  
- ❖ **Session 5** February 23, 2021: Floral, thermal, sound, crystal and aroma therapies.
  - Aromatherapy.
  - Crystal therapy.
  - Sound and music therapy.
  - Flowers as a source of healing energy.
  
- ❖ **Session 6** March 2, 2021: Food as Medicine.
  - Organic and natural foods.
  - Nutritional and alimentary adjustments.
  - Supplements.
  - Diets.
  
- ❖ **Session 7** March 9, 2021: Energy therapies.
  - Reiki
  - Auras.
  - Radiant energy transfers.
  - Hypnotism and manipulation of the subconscious.
  
- ❖ **Session 8** March 16, 2021: Integrative Medicine and the Bernard Osher Foundation.
  - Structure and functions of the Foundation's Integrative Medicine Centers.
  - Sweden.
  - US: San Francisco, Chicago, Nashville, Boston, Miami, Washington.
  - Course wrap-up and final overall questions.

# Holistic, Complementary and Integrative Medicines

OLLI @University of Illinois Spring Semester 2021

Supplementary (Optional) Reading/Viewing List

Alphabetical by Title

1. **Caring for Patients from Different Cultures.** Galanti, Geri-Ann. University of Pennsylvania Press, Philadelphia, PA, 2008.
2. **Certificate in Complementary and Integrative Health.** Allegra Learning Solutions. Carlsbad CA. Accessed through Champaign Public Library, October 2020.
3. **Chasing Medical Miracles,** The Promise and Perils of Medical Trials. O'Meara, Alex. Walker and Company, New York, NY, 2009
4. **Concepts of Health, Illness and Disease,** A Comparative Perspective. Curren, Caroline and Stacey, Margaret. Berg Publishers Limited, Oxford, UK, 2006.
5. **Creation of Health (The),** The Emotional, Psychological and Spiritual Responses that Promote Health and Healing. Myss, Caroline, and Shealy, C. Norman. Three Rivers Press, New York, 1988
6. **Cultural Diversity in Health and Illness.** Spector, Rachel E. 7<sup>th</sup> Edition. Pearson Prentice Hall, Upper Saddle River, New Jersey, 2009.
7. **Dancing Healers (The),** A Doctor's Journey of Healing with Native Americans. Hammerschlag, Carl A. Harper & Row, New York, NY, 1989.
8. **Doctor (The) in History, Literature, Folk-Lore, etc.** Andrews, William. The Hull Press, Hull, UK, 1896.
9. **Doctored: Disillusionment of an American Physician (The).** Jauhar, Sandeep, Farrar, Straus and Giroux, New York, NY, 2014.
10. **Doctors:** The History of Scientific Medicine Revealed Through Biography. Nuland, Sherwin B. 12 Video Lessons. The Great Courses / The Teaching Company, Chantilly, VA, 2005.
11. **Dr. Dean Ornish's Program for Reversing Heart Disease,** The Only System Scientifically Proven to Reverse Heart Disease Without Drugs or Surgery. Ornish, Dean. Ivy Books/Ballantine Books, New York, NY, 1996.

12. **Duke Encyclopedia (The) of New Medicine**, Conventional and Alternative Medicine for All Ages. The Duke University Center for Integrative Medicine. Rodale Books International, London, UK, 2006.
13. **Encyclopedia of Claims, Frauds, and Hoaxes of the Occult and Supernatural (An)**. Randi, James. St. Martin's Press, New York, NY, 1995.
14. **Fads & Fallacies in the Name of Science**, The Curious Theories of Modern Pseudoscientists and the Strange, Amusing and Alarming Cults That Surround Them. A study in Human Gullibility. Gardner, Martin. Dover Publications, New York, NY, 1957.
15. **Five Steps to Selecting the Best Alternative Medicine**. A Guide to Complementary & Integrative Health Care. Morton, Mary & Michael. New World Library, Novato, CA, 1996.
16. **Flim-Flam**, Psychics, ESP, Unicorns and Other Delusions. Randi, James. Prometheus Books. Buffalo, NY, 1982.
17. **From Humors to Medical Science**, A History of American Medicine. Duffy, John. University of Illinois Press, Urbana, IL, 1993
18. **Future of Medicine (The), Special Issue**. National Geographic Staff. The National Geographic Partners, Washington DC, January 2019.
19. **Gesundheit**, Bringing Good Health to You, the Medical System and Society through Physician Service, Complementary Therapies, Humor, and Joy . Adams, Patch, with Mylander, Maureen. Healing Arts Press, Rochester, Vermont, 1993.
20. **GREAT Patent Medicine Era (The)**, OR Without Benefit of Doctor. Hechlinger, Adelaide. Galahad Book Publishers, New York, NY, 1970.
21. **Guns, Germs and Steel**, The Fates of Human Societies. Diamond, Jared. W.W. Norton, Inc. New York, NY, 1997.
22. **Handbook of Chakra Healing (A)**, Spiritual Practice for Health, Harmony and Inner Peace. Govinda, Kalashatra. Konecky & Konecky, Old Saybrook, CT, 2004
23. **Health and Wellness in Antiquity through the Middle Ages**. York, William H. Greenwood-ABC/CLIO. Santa Barbara, CA, 2012.
24. **Health and Disease**, A Reader. Davey, Basiro, Gray, Alastair and Seale, Clive (editors): Open University Press, Buckingham, UK, 1996.
25. **Health for Sale**. California Newsreel. Mammut Film DVD, Italy, 2007.

26. **Hippocrates' Shadow**, What Doctors Don't Know, Don't Tell You, and How Truth Can Repair the Patient-Doctor Breach. Newman, David H.: Scribner Books, New York, 2008
27. **History of Medical Practice in Illinois**, Volume II: 1850-1900. Davis, David J. Illinois State Medical Society/The Lakeside Press, Chicago, IL, 1955.
28. **History of Medicine**, A Scandalously Short Introduction. Duffin, Jacalyn. University of Toronto Press Incorporated, Toronto, Canada, 1999
29. **History of Medicine in Pictures (A)** Volume 1. Thom, Robert J, (Illustrator) and Bender, George (Text): Commissioned and published by Parke Davis and Company, Detroit, MI, 1957.
30. **How Doctors Think**. Groopman, Jerome. Mariner Books, Houghton Mifflin Company, Boston, MA, 2008.
31. **How We Die**, Reflections on Life's Final Chapter. Nuland, Sherwin B. Alfred P. Knopf, New York, NY, 1994.
32. **HYPE**, A Doctor's Guide to Medical Myths, exaggerated Claims and Bad Advice- How to Tell What's Real and What's Not. Shapiro, Nina, with Loberg, Kristin. St. Martin's Press, New York, NY, 2018.
33. **If Pigs Could Fly**, and Other Stories about Life and Medical Practice in the Jungle Area of the Colombian Amazonía. Ramírez, Néstor A. Private Printing, Premier Print Group, Champaign, IL, 2018.
34. **Integrative Medicine**, Achieving Wellness through the Best of Eastern and Western Medical Practices. Phalen, Kathleen F. Journey Editions/Periplus Editions, Boston, MA, 1998.
35. **Integrative Medicine**, A New Approach to Medical Diagnosis and Treatment. Liu, Jun. Digital Edition. [www.MDLIU.com](http://www.MDLIU.com), 2010. Accessed through Barnes & Noble/ NOOK.
36. **Introduction to the History of Medicine (An)**, With Medical Chronology, Suggestions for Study and Bibliographic Data. Garrison, Fielding H.W.B. Saunders Company, Philadelphia, PA, 1929.
37. **Kill as Few Patients as Possible** and fifty-six other essays on how to be the world's best doctor. London, Oscar. Tenspeed Press, Berkeley, CA, 1987
38. **Masters of Mindfulness**, Transforming Your Mind and Body. Shapiro S, Hanson R, Carlson K, Mustad J, Robbins M, Jha A, Epel E, Graham J,

- Keltner D, Nichol WJ , and Siegel DJ. 22 Video Lessons. The Great Courses/The Learning Company. Chantilly, VA, 2018.
39. **Maximize Your Potential Through The Power Of Your Sub-conscious Mind For Health And Vitality.** Murphy, Joseph. Audiobook narrated by Sean Pratt. Gildan Media, LLC, Rego Park, NY, 2012. Accessed through Champaign Library, 10/2020.
  40. **MAYO Clinic Guide to Integrative Medicine,** Conventional remedies meet alternative therapies to transform health. Bauer, Brent A. (editor). TIME Inc Books, New York, NY, 2017.
  41. **Medical Book (The),** From Witch Doctors to Robot Surgeons, 250 milestones in the History of Medicine. Pickover, Clifford A. Sterling Publishing, New York, 2012
  42. **Medical Care in Pioneer Illinois.** Crellin, John K. The Pearson Museum, Southern Illinois University School of Medicine, Springfield, IL, 1982.
  43. **Medical Fakes and Frauds,** The Encyclopedia of Health-Medical Issues. Gilbert, Susan. Chelsea House Publishers, New York, 1989.
  44. **Medical Harm,** Historical, Conceptual, and Ethical Dimensions of Iatrogenic Illness. Sharpe, Virginia A., and Faden, Alan I. Cambridge University Press, Cambridge, UK, 1998.
  45. **Medical Myths, Lies and Half-Truths: What We Think We Know May Be Hurting Us.** Novella, Steven: 24 Video Lessons. The Great Courses / The Teaching Company. Chantilly, VA, 2010.
  46. **Medicine in America,** A Short History. Cassedy, James H. The Johns Hopkins University Press, Baltimore, MD, 1991.
  47. **Mind, Body and Medicine,** An Integrative Text. Melmed, Raphael N. Oxford University Press, New York, NY, 2001.
  48. **Mysteries Within (The),** A surgeon Reflects on Medical Myths. Newland, Sherwin B. Simon and Schuster, New York, NY, 2000.
  49. **Naprapathy - Manual Medicine for the 21<sup>st</sup> Century.** Nuzzo, Patrick and Lavista, Kirsten. SUNM Press, Santa Fe, NM, 2018.
  50. **Natural Causes,** An Epidemic of Wellness, the Certainty of Dying, and Killing Ourselves to Live Longer. Ehrenreich, Barbara. Twelve, New York, NY, 2018.

51. **Natural Health Complete Guide to Integrative Medicine**, The Best of Alternative and Conventional Care. Peters, David and Woodsham, Ann. Dorling Kindersley Books, New York, NY, 2000.
52. **NEW Medicine (The)** . Blumer, Ronald H., and Meyer, Muffie. (Companion Book to the PBS Series). Middlemarch Films, New York, NY, 2006
53. **Noetic Sciences Collection**, 1980 to 1990: Ten Years of Consciousness Research. McNeill, Barbara and Guion, Carol (Editors). The Institute of Noetic Sciences, Sausalito, CA, 1991.
54. **Oaths, Codes, and Charters in Medicine over the Ages**. Sandlow, L.J. Hektoen International, A Journal of Medical Humanities. Online. Volume 3 Number 3, 2011.
55. **PDR for Herbal Medicines**, The Information Standard for Complementary Medicines. Fleming, Thomas (ed.), Medical Economics Co, Montvale, NJ, 2000.
56. **Planet Medicine**, Modalities, Revised Edition. Gossinger, Richard. North Atlantic Books, Berkeley, CA, 2003.
57. **Popular Alternative Medicine Therapies**. Mack, Artrella. Digital edition. Books2Read.com. 2018. Accessed on Kindle, 2020.
58. **Power to Heal (The)**, Ancient Arts and Modern Medicine. Smolan, R, Moffitt, P, and Naythons, M. Prentice Hall Press, New York, NY, 1990.
59. **Primitive Concepts of Disease**. Clements, Forrest E. University of California Publications in American Archaeology and Ethnology, Volume 32 No. 2. University of California Press, Berkeley CA, 1932.
60. **Science of Integrative Medicine (The)**. Bauer, Brent A. 12 Video Lessons. The Great Courses/ The Teaching Company. Chantilly, VA, 2016.
61. **Science of Natural Healing (The)**. Guarneri, Mimi. 24 Video Lessons. The Great Courses/ The Teaching Company . Chantilly, VA, 2012.
62. **Short History of Medicine (A)**. Gonzalez-Crussi, F. The Modern Library Chronicles, New York, NY, 2007.
63. **Skeptic's Dictionary (The)**, A Collection of Strange Beliefs, Amusing Deceptions & Dangerous Delusions. Carroll, Robert Todd. John Wiley & Sons, Inc., Hoboken, NJ, 2003.

64. **Skeptic's Guide to Health, Medicine, and the Media (The).** Benaroch, Roy. 24 Video Lessons. The Great Courses/ The Teaching Company. Chantilly, VA, 2019.
65. **Sorcerer's Guide to Good Health (The),** Folk Remedies, Rituals and Incantations Practiced by Traditional Healers in Many Lands. Cochrane, Peggy. Barricade Books, New Jersey, 1993.
66. **Spirit Catches You (The) and You Fall Down,** A Hmong Child, Her American Doctors, and the Collision of Two Cultures. Fadiman, Anne. Farrar, Straus and Giroux. New York, NY, 1998.
67. **Spiritual Healing in a Scientific Age.** Peel, Robert. Harper and Row Publishers, San Francisco, CA, 1987.
68. **Suckers,** How Alternative Medicine Makes Fools of All of Us. Shapiro, Rose. Vintage Books, London, UK, 2009.
69. **Survival of the Sickest,** The Surprising Connections Between Disease and Longevity. Moalem, Sharon, with Prince, Jonathan. Harper Perennial, New York, NY, 2007.
70. **Tapestry of Health,** Weaving Wellness Into Your Life Through the New Science of *Integrative Medicine*. Monti, Daniel A and Bazzan, Anthony J. Marcus Institute of Integrative Health/Kales Press, San Diego, CA, 2020.
71. **Unnatural Causes, ...is inequality making us sick?,** A four-hour documentary exploring racial and socioeconomic inequities in health. California Newsreel/Vital Pictures DVD, 2008.
72. **Visual Encyclopedia of Unconventional Medicine (A),** A Health Manual for the Whole Person. Hill, Ann (editor). Crown Publishers, INC, New York, NY, 1979.
73. **Voices of Integrative Medicine,** Conversations and Encounters. Horrigan, Bonnie J, (editor). Churchill Livingstone/Elsevier Science. St. Louis, MO, 2003.
74. **Voodoo Science,** The Road from Foolishness to Fraud. Park, Robert. Oxford University Press, New York, NY, 2000.
75. **What Your Doctor Won't (or Can't) Tell You,** Doctors, Hospitals, and Insurance - What you need to know to take charge of your own Health Care. Levine, Evan S. G.P. Putnam's Son's, New York, NY, 2004.