



BAIP PRESENTS
NON-WESTERN APPROACHES TO HEALTH AND WELLNESS

RESOURCES MENTIONED IN DR. CHITI PARIKH'S TALK, JANUARY 27, 2022

1. [The Integrative Health and Wellbeing program at NewYork-Presbyterian, in collaboration with Weill Cornell Medicine](#), is an individualized, holistic, and evidence-based approach to healthcare. The phone number is (646) 697-9355. Dr. Chiti Parikh, the speaker for this BAiP Presents event, is the co-director.
2. [Andrew Weil Center for Integrative Medicine at the University of Arizona](#) Can provide a list of graduate practitioners including ones in this area.
3. [Pacific College of Health and Science](#) -- has a branch in New York City. The phone number is [917.708.8217](#)
4. [National Center for Complementary and Integrative Health at the National Institutes of Health](#) has a website with resources for the public.
5. [ConsumerLab.com](#) provides independent tests, results, reviews, and comparisons of vitamins, supplements, herb and nutrition products to consumers and healthcare providers
6. "About Herbs" is a resource on herbs available as an app in the App Store for the iPhone, free of charge, from Memorial Sloan Kettering Cancer Center. Unfortunately, it is available only for IOS systems, not Android systems.