

Dear Students,

There are a number of additional quality research options freely available to you including the following:

- 1. Herblist** by NCCIH (Nat'l Centre for Complementary and Integrative Health):  
NCCIH's app -This is a free app to download on a tablet or phone for research-based information about the safety and effectiveness of herbal products, along with images of each plant/herb: <https://www.nccih.nih.gov/health/herblist-app>
- 2. Australian Food Composition Database (AFCD)** gives information on the nutrients in a wide range of foods available in Australia, from seafood to cereals.  
<https://www.foodstandards.gov.au/science-data/food-nutrient-databases/afcd>
- 3. The Food Database (FOODB)**  
is the world's largest and most comprehensive resource on food constituents, chemistry, and biology <https://foodb.ca/>
- 4. PubMed** is an online database comprising more than 30 million citations for biomedical literature from MEDLINE, life science journals and online books. Citations may include links to full-text content from [PubMed Central](#) and publisher websites.
- 5. Medline Plus (abstracts only)**  
The world's largest medical library (Part of the NIH) <https://medlineplus.gov/>
- 6. MedlinePlus Herbs and Supplements (NIH)**  
Browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions. [https://medlineplus.gov/druginfo/herb\\_All.html](https://medlineplus.gov/druginfo/herb_All.html)

**For students of the Advanced Practitioner of Clinical Naturopathy, Advanced Practitioner of Clinical Nutrition and Advanced Practitioner of Western Herbal Medicine course programs:**

As Nature Care College is a recognised education provider for the Advanced Practitioner of Clinical Naturopathy, Advanced Practitioner of Clinical Nutrition and Advanced Practitioner of Western Herbal Medicine with the Australian Traditional Medicine Society (ATMS) students of these courses are eligible for **free Student Membership with ATMS**.

Here are some of the many benefits that ATMS Student Membership provides to students (please note that these are not managed by the college.):

- Access to eMIMsplus a dynamic platform which offers seamless access to the latest and most relevant medicine-related information.
- nPOD access to powerful evidence-based resources like nPOD to support your clinical decisions. With these tools, you can provide your clients with the most up to date and reliable treatments available.