A Note on Complementary Treatments

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Using unconventional therapy may be beneficial, but it may also be ineffective or even harmful.

- The therapy may interfere with other drugs. For example, some supplements can counteract the treatments administered by your doctor, including chemotherapy and radiation. In fact, *supplements do not have to be approved by the government for many of the uses and claims they advertise*.
- Taking large doses of vitamins, or mega dosing, can be toxic.
- Websites advertising complementary or alternative medicines may use individual testimonials to prove their effectiveness, but following their suggestions on anecdotal evidence alone could be dangerous.

Visitors to this section should bear in mind that...

- The information in this section does not include all side effects, interactions, or necessary precautions.
- Mention of any treatment is not an endorsement of it.
- This information should not be used in the place of professional advice. It is intended to educate and inspire further investigations of treatment options.
- **It is important to consult a health professional before using complementary medicines.**