

# Health & Wellness Resource Center

Research a disease, health issue, drug or herb. Provides accessible information for consumers and students, as well as research level for medical professionals. Sources include reference texts, medical journals, magazines, pamphlets and links to trusted websites. Includes alternative health approaches.

## SEARCH TIPS

**Start from the search box** rather than the top tab links unless you want you want just select information (the banner tabs do not search the whole database)

**Keep initial searches broad** and refine as you go: use the tabs to select the most useful type of source and the *Related Searches* (subject headings) to run a more precise or wider search.

Browse through terms to find links to encyclopedia articles (doesn't search whole database)

Use AND to include all terms in your search

Indicates you can create a saved link to the search by copying and pasting the URL

Only results for highlighted 'tab' show – click on other tabs to see each set

NB. US drug brand names may be distinct from NZ ones. May need a prior Web search to determine US name.

Links to reputable websites; for NZ sites see 'Aust & NZ medical websites' entry.

Select search scope: Keyword best first option; use *Entire doc* if few results emerge

Save or email relevant articles

Select and run searches on relevant subject headings

Search for related articles