



BOOK REVIEW:
**UNDERSTANDING RESEARCH IN COMPLEMENTARY AND ALTERNATIVE
MEDICINE**
Edzard Ernst

This is a really great book for anyone toying with the idea of trying research but have no idea how to do it, it's the answer to the 'which is the best way to...?' question. Professor Ernst has been known in the past for seeming a little negative regarding CAM research, but to paraphrase what he says in his book, there's no good or bad research method, more that there is a right one for every research question, it is finding the one that fits that is important. This is the recipe book for finding the right fit methodology for what you intend to investigate in your research.

This book breaks down the types of research and explains the questions that these types of research can match. It also covers those irritating yet so important concepts of bias, placebo and causality all of which are well explained.

There's a handy alphabetical guide that lists all the relevant concepts and explanations; this adds to the book's ease of use, as do the FAQs that answer those tricky questions that spring to mind. This is one for the bookshelf and for use by any research minded members.

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