A short guide

- The database is set out in a spreadsheet style format in which:

    - all columns or any single column can be searched.
    - the default display is given in reverse date of entry order so that new additions will always show at the top of the first page on first opening the table.
    - one or a set of columns can be filtered or sorted in ascending or descending order. Often the most illuminating view can be inspected by sorting a cascade of Main domain → Subdomain 1→ Subdomain 2

- The *Source type* refers to the different types of scientific journal or other content (*Empirical Study, Review/Overview or Theory / Hypothesis etc*) to give a rough idea of the sort of information that might be of most interest to users.

- The *Citation* counts (as of early 2025) give an indication of potential oversight - either because of a high count in sources probably not regularly consulted by healthcare professionals or by what would seem to be an inappropriately low count in more orthodox bio-medical literature. Citation counts clearly cannot be given for non-scientific journal sources such as books or websites.

- Any number of records can be selected for export to Word, PDF, Excel, or CSV format files.

- **NB** The internal and external links and numbered endnotes in the pdf files such as the commentaries are best accessed by the use Ctrl/Click as this will open the link in a new tab which makes it easier to return to the relevant section of the source file.

- All commentary files can also be downloaded or printed.