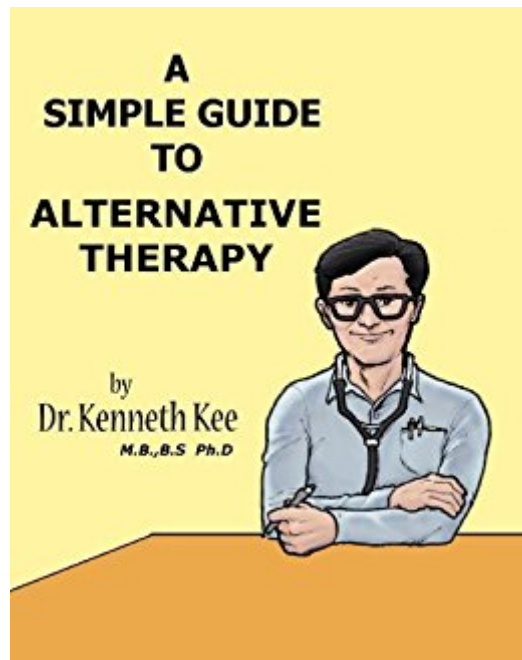


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# A Simple Guide To Alternative Therapy (A Simple Guide To Medical Conditions)



## Synopsis

Alternative Medicine is other forms of therapies other than conventional Western Medicine. They are:

1. Whole medical systems
2. Mind-body medicine
3. Biologically based practices
4. Manipulative and body-based practices
5. Energy medicine

1. Whole medical systems A system isn't just a single practice or remedies but many practices that center on a philosophy such as the power of nature or the presence of energy in your body. Examples of whole medical systems include:

- a. Ancient healing systems such as ayurveda from India and traditional Chinese medicine.
- b. Homeopathy which uses minute doses of a substance that causes symptoms to stimulate the body's self-healing response.
- c. Naturopathy which uses natural treatments to help the body do its own healing and uses practices such as massage, acupuncture, herbal remedies, exercise and lifestyle counseling.

2. Mind-body medicine Mind-body techniques improve the communication between the body and the mind. The mind and body must be in harmony for a person to be healthy. Examples of mind-body medicine include meditation, prayer, and relaxation therapy.

3. Biologically based practices These biological practices include

- a. dietary supplements include selenium, glucosamine sulfate
- b. herbal remedies include ginseng, ginkgo and echinacea

Herbs and supplements can be taken as teas, oils, syrups, powders, tablets or capsules.

4. Manipulation and body-based practices These methods depend on a practitioner to manipulate a specific part of the body. They include:

- a. chiropractor manipulation
- b. massage

5. Energy medicine An invisible energy force flows through the body. When this energy flow is blocked or unbalanced a person can become sick. This energy is called chi, prana and life force. The goal of the energy therapists is to unblock or re-balance the energy force. Energy therapies include qi gong, reiki and magnet therapy.

Most doctors are hesitant about alternative medicine. Medical doctors have good reason to be cautious when it comes to alternative medicine. Conventional medicine values therapies that have been demonstrated through research and testing to be safe and effective. Many practitioners of alternative medicine make exaggerated claims about a cure for diseases such as cancer and HIV. Other alternative practitioners ask the patient to forgo treatment from the conventional doctor. Because of this, many medical doctors are very careful about recommending alternative therapies. There is also very little research evidence about alternative medicine. Reason for the lack of research in alternative treatments is that large, carefully controlled medical studies are expensive. Even for conventional therapies the research are often funded by large pharmaceutical companies that can develop and sell the medicine. Very few resources are available to support trials of alternative medicine. It's especially important to involve your doctor if you're pregnant, have medical problems or take prescription medicine. The patient must never stop or change his /her conventional treatment without talking to his/her doctor first.

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