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Chapter 1 : Alternative Health

Outlines Natural, Alternative, & Complementary therapies for common outpatient conditions. Includes Shuler's Nurse Practitioner Practice Model for problem-focused holistic assessment. Follows format for NAC categories of the National Center for Complementary and Alternative Medicine (NCCAM).

The survey items include various terms used by health educators, the currently approved terminology, and three choices followed by a type-in box: For one of the terms, my preferred response would have been a fourth choice that was not offered: Here is the term along with the definition presented in the survey: Complementary and Alternative Health Practices: These practices generally include natural substances, physical manipulations, and self-care modalities. These approaches often incorporate aspects of interventions derived from traditional practices. The approach in Western societies has been to select specific approaches from these systems and apply them to health maintenance, health enhancement, or disease management. Such approaches can be used to compliment[sic] conventional allopathic care complementary therapy, or as an alternative to conventional approaches alternative therapy. Many of these complementary and alternative approaches have not been validated through experiential research, but those that have, such as acupuncture for pain, are being integrated into conventional health practices integrative medicine. And here are my objections to the term and to the definition given: When a practice is science-based, it is simply part of good healthcare or health promotion. Science-based uses of natural substances, physical manipulations, and self-care modalities are all part of regular medicine. Science-based natural products medicine is called pharmacognosy. In anthroposophy, the names are the divine element in nature, astral body, formative force, or etheric body. In the movie Austin Powers: The Spy Who Shagged Me, the vital principle was called mojo. Categories such as validated, non-validated, and invalidated should suffice to give consumers useful information for deciding what modalities of self-care are worth trying out. Tradition-based systems and supposed whole-system care are not uniquely Eastern. Is it only in Western societies that approaches from traditional systems get used separately from whole-system care? As medicine became more science-based, it discarded treatment based upon the convention of manipulating body humors and progressed by developing healthcare consistent with progress in biological and physical sciences. Since modern medicine makes progress by relying on science, it is iconoclasticâ€”the antithesis of conventional. By contrast, the real allopathy practiced today as Unani medicine is bound to its ancient conventions. However, this is misleading labeling. Professor Richard Dawkins has explained: Dodes and Marvin Schissel put it this way: Marcia Angell and Jerome Kassirer wrote: There is only medicine that has been adequately tested and medicine that has not, medicine that works and medicine that may or may not work. Medicine that has been tested and found to be safe and effective. Use it; pay for it. And, medicine that has been tested and found to be unsafe or ineffective. And, medicine for which there is some plausible reason to believe that it might be safe and effective. Test it and then place it into one of the other two categories. Although many people believe that acupuncture for pain is medicine that fits Dr. More than ten years of research funding by the National Center for Complementary and Alternative Medicine has failed to contribute to medical progress. The term integrative medicine is superfluous and should not be used by responsible health professionals. Palliative care and adjunctive care are meaningful and useful terms for efforts to provide rational modalities of humane care, comfort, and support addressing the diverse needs of patients. It projects a misleading image of academic seriousness that serves only to obscure its hype and help secure funding for clinical research of dubious need. The use of such euphemisms facilitates quackery: Today quackery is a far less popular term than the euphemisms. In some circles, it is politically incorrect to refer to quackery. I suggest that there are better alternatives to using currently popular euphemisms of alt-speak. He co-authored the sixth, seventh, eighth, and ninth in press editions of the college textbook Consumer Health: A Guide to Intelligent Decisions. Since , he has been associate editor of the free weekly e-newsletter Consumer Health Digest. Since , he has been co-host of the Credential Watch web site. He tweets as healthgadfly.

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Chapter 2 : Alternative medicine - Wikipedia

Complementary health approaches include natural products and mind and body practices. Natural Products This group includes a variety of products, such as herbs (also known as botanicals), vitamins and minerals, and probiotics.

It consists of a wide range of health care practices, natural products and therapies, ranging from natural herbs to the modified by products extract. It includes various new traditional medicine practices such as homeopathy, naturopathy, chiropractic, energy medicine, acupuncture, traditional Chinese medicine, Ayurvedic medicine, and Christian faith healing. These treatment methodologies do not show relevance to any science-based healthcare system but depending on the natural practices. Complementary medicine is an alternative medicine approach used together with conventional medical treatment in a belief to cure the particular disease. Integrative medicine is the combination of several practices and methods of alternative medicine with conventional medicine. Alternative medical diagnoses and treatments neither taught in medical schools nor used in medical practices. Alternative therapies lack scientific validation, and are usually based on religion, tradition, superstition, belief in supernatural energies or pseudoscience. Regulation and approval of alternative medicine treatment varies from region to region. Alternative healthcare conferences support the traditional strategies and complementary medicine approach for the treatment of various disorders for which even the scientific studies give a negative response. These conferences will focus on the new approaches and practices being used for various cures. Alternative healthcare conferences will set a platform for the various traditional medicine therapists, private practitioners, healthcare providers, skill-based herbalists, Chinese medicine innovators to show the latest achievements in prevention and cure so as to challenge the evidence based scientific discoveries. Testimonials I was very impressed by the international scope of participants at the Chicago meeting and the quality of work presented. It speaks very highly of the organizers of this meeting as it is no small task to get medical researchers from around the world to gather at a single site for an exchange of ideas. The accommodations were wonderful and the noontime luncheons delicious. Congratulations on an exceptional conference. The attendance exceeded the expectation. Session went on time permitting ample time for questions and answers. Doctors from all across the World attending Endocrinology has made this conference a successful event. Everything was very well organized, and very important, members of the Conference Series were always present for support and help. I greatly appreciated this. Thank you very much again. It was my great pleasure to attend Endocrinology My husband and I really enjoyed the scientific programme, the positive international atmosphere and the welcoming spirit. We will recommend your coming conferences to our colleagues. Best wishes and good luck with future work. Ylva Vladic Stjernholm Karolinska University Hospital, Sweden The Conference Series llc LTD meeting "Translational Medicine " has been a very great meeting providing a comprehensive view on ongoing international clinical developments and gave me the option to make a lot of novel contacts to start collaborative research with people from all over the world. Discussion directly with almost all peoples in a familial atmosphere is very fruitful as well as the venue, time frame and organization has been very convenient Andreas Weinhaeusel AIT Austrian Institute of Technology, Austria This Conference was one of the best and even brilliant I have ever attended. There was very nice to have a mix between theory, basic science, sharing best practices and practical recommendations. The quality of the panels was outstanding, and I think you arranged a great cross-section of topics! I will help recruit speakers to the next meeting as an organizer member of the conference committee Shabaan Abdallah University of Cincinnati, USA It was a great pleasure for me to attend the conference. It was perfectly organized, I met many nice people and listen to many valuable talks. Elzbieta Jarzebowska Warsaw University of Technology, Poland Thanks for your kindly help and service during the conference. The conference was very interesting and also very useful for my academic research. So I will attend the Biostatistics next year if I have time. It was just excellent in all aspects. Annette Bentley President, American Celiac Society, USA Thank you for your email and for your well done job in organizing the Food Technology , All subjects in this

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conference was in depth knowledge from your good selections of international speakers and I expect conference will be in the same level of performers. I had a great time and thought the program was really nicely put together Trine N Jorgensen Cleveland Clinic Foundation, USA The recent Stem Cell Congress in Chicago, from the scientific standpoint, the highest quality and most useful of the three ConferenceSeries-sponsored conferences that I have attended. The presentations I heard were uniformly good. I would seriously consider participating in the Sept. My wife and me keep Endocrinology firmly in our hearts.

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Chapter 3 : alternative health practice - The Skeptic's Dictionary - www.nxgvision.com

Beyond that, complementary and alternative therapies are difficult to define, largely because the field is so diverse; it encompasses practices spanning diet and exercise changes, hypnosis.

Barker Bausell A health or medical practice is called "alternative" if it is based on untested, untraditional, or unscientific principles, methods, treatments, or knowledge. Most treatments that are called alternative medicine would be more accurately described as alternatives to medicine since they are not really medicine at all. Because truly "alternative" medical practices would be ones that are known to be equally or nearly equally effective, most "alternative" medical practices are not truly "alternative," but quackery. If the "alternative" health practice is offered along with scientific medicine, it is referred to as "complementary" medicine or CAM, complementary and alternative medicine, or integrative medicine because it integrates good medicine with quackery. Alternative medical treatment is slowly achieving acceptance in mainstream health professions. Traditionally, most insurance companies have not covered "alternative" medicine, but American Western Life Insurance Company is typical of a growing trend. It offers a network of about providers in California, Arizona, Colorado, New Mexico, and Utah specializing in acupuncture, aromatherapy, biofeedback, chiropractic, herbal medicine, massage, naturopathy, reflexology, and yoga, among other therapies. Also, Mutual of Omaha Insurance Co. Dean Ornish, an internist and director of the Preventive Medicine Research Institute in Sausalito, developed the therapy, which includes a vegetarian diet, meditation, and exercise. Mutual of Omaha was quick to note that they were not opening the door to covering all forms of "alternative" therapies. The most popular "alternative" therapies are prayer, relaxation techniques, chiropractic, herbal medicine, and massage. Very few high caliber scientific studies are done by "alternative" practitioners Bausell If they do studies at all, they rarely use control groups, study adequate-sized samples, or used methods that blind the researchers in appropriate ways. When every study comes out positive, as acupuncture studies done in China have, one knows something is fishy. Indeed, many disdain science in favor of metaphysics, faith, and magical thinking. On the other hand, many questionable products touted as cure-alls or as cures for serious illnesses such as cancer or heart disease are promoted with scientific-sounding gobbledygook and misrepresentation or falsification of scientific studies. The general rule is "if it sounds too good to be true, it probably is. The New England Journal of Medicine reported on a study in January which showed that about one-third of American adults sought some sort of unorthodox therapy during the preceding year. Why is "alternative" health care [AHC] so popular? There are several reasons. Drugs and surgery are not part of AHC. Fear of surgery and of the side effects of drugs alienate many people from scientific medicine. AHC is attractive because it does not offer these frightening types of treatments. Furthermore, scientific medicine often harms patients. AHC treatments are usually inherently less risky and less likely to cause direct harm. Selective thinking and confirmation bias can easily lead one to focus on cases where surgeons amputate the wrong limb, remove the wrong part of the brain, or kill a patient by administering too much anaesthetic or radiation. Many people ignore the millions of patients who are alive and well today because of surgery or drugs. They focus instead on the cases of patients who die after "routine" surgery, who are permanently disabled because of an adverse reaction to a drug, or who are killed by a deranged nurse acting as a self-appointed "mercy" killer. This fear and skepticism regarding drug treatment, hospitalization, and surgery is not without foundation. Some harm is caused by malpractice; some is the tragic but inevitable outcome of unpredictable reactions to drugs or surgery. Because there are often legal issues involved, physicians and hospitals are often not forthcoming with details of patient deaths for which they might be responsible. Confidence in medicine erodes with each report of "therapeutic misadventures. As far as I know, there has never been a national study of the issue. There was a study done in New York in The Harvard Medical Practice Study which found that nearly 4 percent of patients were harmed in the hospital and 14 percent of these died, presumably of their hospital-inflicted injuries. Leape, a Boston physician, extrapolated from this

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data that as many as , Americans may be dying each year of medical injuries suffered at the hands of medical care providers. He notes, for dramatic effect, that this is the equivalent of three jumbo-jet crashes every two days. On the other hand, the risks of being positively harmed by an "alternative" practitioner such as a homeopath, for example, are negligible when compared to the risks of being harmed by a physician dispensing powerful drugs and performing risky surgeries. This is because a homeopath is not intervening in any significant way. The doses they give are not likely to have any effect on anyone. A homeopath is not likely to ever kill a patient by mistake. The harm to the patients comes not from positive intervention but from not getting treatment drugs or surgery which would improve their health and increase their life span. While it is true that scientific medicine is not without its risks--even fatal risks--it is unreasonable to reject it altogether on these grounds. A reasonable patient cannot have blind faith in his or her physician, no matter how godlike the doctor may seem or try to present himself. A very dear friend of mine who lived to be 80 thanks to pills and surgery, found great humor in telling her physicians she knew M. We have to participate more in our own treatment, which means we have to ask lots of questions and assume nothing. It means do research. Read about your illness and the prescribed treatment for it. We can never eliminate risk altogether when we must depend on human beings, fallible and imperfect as we are. But we can reduce our risk by being more responsible for our health care and being less passive. Some faith in the competence of our health care providers is necessary, but it need not be blind faith. Scientific medicine often fails to discover the cause of an illness or to relieve pain. This is true of AHC as well. But practitioners of scientific medicine are not as likely to express hopefulness when their medicine fails. When scientific medicine does discover the cause of an illness, it often fails to offer treatment that is guaranteed to be successful. A local television news anchor rejected chemotherapy for her breast cancer in favor of Gerson Therapy , a treatment approved of by Prince Charles. Pat Davis followed a rigorous hour-a-day regimen of diet green vegetables and green juices , exercise, and coffee enemas four a day developed by Dr. Davis knew the dangers of chemotherapy and the effects of breast surgery. She refused to accept that there were no alternatives. Gerson therapy gave her hope. When it was clear that the Gerson treatment was ineffective, Davis agreed to undergo chemotherapy. She died four months later on March 20, , at the age of 39, after two and one-half years of fighting her cancer. Could chemotherapy have saved her had she sought the treatment earlier? The odds may have been against her, but the slim hope offered by scientific medicine was at least a real hope. The hope offered by Gerson is a false hope through and through. AHC often uses "natural" remedies. Many people believe that what is natural is necessarily better and safer than what is artificial such as pharmaceuticals. Just because something is natural does not mean that it is good, safe, or healthy. There are many natural substances that are dangerous and harmful. AHC is often less expensive than scientific medicine. This fact has made "alternative" treatments attractive to Health Maintenance Organizations HMOs and to insurance companies, both of whom are coming to realize that it is cheaper and thus more profitable to offer "alternative" treatments. If "alternative" therapies were truly alternatives, it would make no sense to pay more for the same quality treatment. However, most so-called "alternative" therapies are not truly alternatives; they are not equally effective treatments. Thus, the fact that they are cheaper is of little significance. AHC is often sanctioned by state governments, which license and regulate "alternative" practices and even protect "alternative" practitioners from attacks by the medical establishment. Chiropractors, for example, won a major restraint-of-trade lawsuit against the American Medical Association in . A federal judge permanently barred the AMA from "hindering the practice of chiropractic. Actually, much of the licensing and regulation is aimed at protecting the public from frauds and quacks. Many doctors who use scientific medicine treat diseases first and people secondly. Alternative" practitioners are often "holistic," claiming to treat the mind, body and soul of the patient. Many people are attracted to the spiritual and metaphysical connections made by AHC practitioners. Many AHC patients claim that their "healers" treat them as persons and seem to care about them, whereas doctors who use scientific medicine often seem to lack good "bedside manner. Practitioners of scientific medicine often work out of large hospitals or HMOs and see hundreds or thousands of patients for their specialized needs. More important,

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those who seek help from a practitioner of scientific medicine usually do not care what his or her personal religious, metaphysical, or spiritual beliefs are. Those who seek "alternative" medicine often are attracted to the personality and worldview of their practitioner. Whether the doctor believes in a god or the soul is irrelevant. If the doctor is kind and personable, that is all the better. A cold and indifferent "alternative" practitioner would not have much business. A cold and indifferent practitioner of scientific medicine may have patients standing in line for treatment if he or she is an excellent physician. Many people apparently do not understand that scientific medicine has the same shortcomings as all other forms of human knowledge: It also is correctable. Systems of thought that are fundamentally metaphysical in nature are not testable and can therefore never be proven incorrect. Hence, once they get established they tend to become dogmatically adhered to and never change. The only way to change dogma is to become a heretic and set up your own counter-dogma. When scientific medicine errs, it errs in ways that can be corrected. Treatments and practices that are ineffective or harmful are eventually rejected. In scientific medicine there will be disagreement and controversy, error and argument, testing and more testing, etc. Decisions will be made by fallible human beings engaging in the fallible practice of scientific medicine. Some of those decisions will be bad decisions, but in time they will be discovered for what they are and treatments which were once standard will be rejected and replaced with other treatments. Medicine will grow, it will progress, it will change dramatically.

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Chapter 4 : What are complementary and alternative therapies? | Cancer Research UK

Natural, Alternative & Complementary Health Care Practices by Roxana Huebscher PhD FNPC HNC CMT, Pamela A. Shuler DNSc CFNP RN and a great selection of similar Used, New and Collectible Books available now at www.nxgvision.com

Alternative medicine is defined loosely as a set of products, practices, and theories that are believed or perceived by their users to have the healing effects of medicine , [n 1] [n 2] but whose effectiveness has not been clearly established using scientific methods , [n 1] [n 3] [4] [5] [6] [7] or whose theory and practice is not part of biomedicine , [n 2] [n 4] [n 5] [n 6] or whose theories or practices are directly contradicted by scientific evidence or scientific principles used in biomedicine. Unlike medicine, [n 4] an alternative product or practice does not originate from using scientific methods, but may instead be based on hearsay , religion , tradition, superstition , belief in supernatural energies, pseudoscience , errors in reasoning , propaganda , fraud , or other unscientific sources. The meaning of the term "alternative" in the expression "alternative medicine", is not that it is an effective alternative to medical science , although some alternative medicine promoters may use the loose terminology to give the appearance of effectiveness. Allopathic medicine Allopathic medicine or allopathy is an expression commonly used by homeopaths and proponents of other forms of alternative medicine to refer to mainstream medicine. It was used to describe the traditional European practice of heroic medicine , [34] but later continued to be used to describe anything that was not homeopathy. The meaning implied by the label has never been accepted by conventional medicine and is considered pejorative. Due to its many names the field has been criticized for intense rebranding of what are essentially the same practices: Traditional medicine Traditional medicine refers to the pre-scientific practices of a certain culture, contrary to what is typically practiced in other cultures where medical science dominates. Holistic medicine[edit] The words balance and holism are often used alongside complementary or integrative medicine, claiming to take into account a "whole" person, in contrast to the supposed reductionism of medicine. Due to its many names the field has been criticized for intense rebranding of what are essentially the same practices. Eisenberg, [67] characterized alternative medicine "as interventions neither taught widely in medical schools nor generally available in US hospitals". It is time for the scientific community to stop giving alternative medicine a free ride. There is only medicine that has been adequately tested and medicine that has not, medicine that works and medicine that may or may not work. Once a treatment has been tested rigorously, it no longer matters whether it was considered alternative at the outset. If it is found to be reasonably safe and effective, it will be accepted. But assertions, speculation, and testimonials do not substitute for evidence. Alternative treatments should be subjected to scientific testing no less rigorous than that required for conventional treatments. In the Australian context this is stated to include acupuncture; aromatherapy; chiropractic; homeopathy; massage; meditation and relaxation therapies; naturopathy; osteopathy; reflexology, traditional Chinese medicine; and the use of vitamin supplements. Sundhedsstyrelsen , uses the term "alternative medicine" for: Treatments performed by therapists that are not authorized healthcare professionals. Treatments performed by authorized healthcare professionals, but those based on methods otherwise used mainly outside the healthcare system. People without a healthcare authorisation are [also] allowed to perform the treatments. The shared feature is a claim to heal that is not based on the scientific method. Alternative medicine practices are diverse in their foundations and methodologies. Unscientific belief systems[edit] Alternative medicine, such as using naturopathy or homeopathy in place of conventional medicine , is based on belief systems not grounded in science.

Chapter 5 : NMCAAMP “New Mexico Complementary Alternative Medicine Project LLC.

There are other approaches to complementary health that focus on a system, rather than just a single practice or remedy, such as massage. These systems center on a philosophy, such as the power of nature or the presence of energy in your body.

Unfortunately, it has also squelched many more natural, alternative, and holistic approaches. With the staggering rise of medical costs and the increasing prevalence of disease, especially in well-developed, industrialized nations such as the United States, people are waking up to the reality that the mainstream medical model may not be the best approach to ensuring health and wellness. Here are some of the more common alternative health care therapies you might consider looking into: Diet, lifestyle, work, environment, and personal history are all taken into consideration when approaching health and illness from a naturopathic perspective. Unlike some other branches of alternative and complementary health care, naturopathic medicine can draw upon many different kinds of alternative approaches. Within the scope of their practice, naturopathic physicians may employ a wide range of services including nutritional counseling, therapeutic herbalism, energy therapies, homeopathy, light therapy, therapeutic exercise, and other alternative health modalities. This branch of alternative medicine concerns itself foremost with the musculoskeletal system, guided by the theory that misalignment of the spinal cord contributes to ill health and disease states throughout the body. Some of the most common complaints that chiropractors respond to are neck and back pain, spasms, sprains, strains, headaches, carpal tunnel syndrome, tendonitis, and other issues caused by improper alignment of vertebrae, joints, and muscles. Chiropractors may also utilize additional therapeutic techniques including energy work, muscle testing, and nutritional counseling. Vata, Pitta, and Kapha. Illness is perceived as an imbalance in these forces and practitioners work with patients to harmonize them via massage, herbal remedies, and changes in diet and lifestyle. In this way, the patient and Ayurvedic practitioners work as a team to treat any illness presented. Another relatively new system of medicine, homeopathy is just over years old. The homeopathic approach to disease treatment, which the current medical model certainly does not espouse, has a strong history of successful use. Used by hundreds of millions of people worldwide, the World Health Organization has even recommended that homeopathy should be integrated with conventional medicine throughout the world to provide adequate health care for all people. Today, as a result of the advancement of communication technology and the renewed interest in natural medicine that we see in society, practitioners of therapeutic herbalism have more collective knowledge about the health-promoting abilities of plants from around the world than ever before. Even science has discovered that the secret to human health may rest in the plant kingdom: Some of the most common preparations used by trained herbalists include encapsulated dried and powdered herbs, teas, tinctures, salves, extracts, and essential oils. Of course, just because herbs are natural does not mean that they are always benign. As with any medication or therapeutic agent, there are certain contraindications for herbal remedies. For example, there are some herbs that pregnant women should not take, as well as those that may negatively affect people with preexisting kidney, heart, or liver problems. This means that, while using herbs therapeutically may certainly be a powerful and health-promoting approach, it should only be done under the care of a trained herbalist. Practitioners use a range of methods to manipulate qi, and thereby improve health and well-being. Working with a TCM practitioner is a very unique and person-specific experience; no two people are treated the same way. Diagnosis of stagnant qi or its resulting illness may be accomplished by measuring the pulse, by an examination of the tongue, by smelling the body, and by other approaches not used in Western medicine. Resulting treatment options may vary widely including acupuncture, acupressure, massage, movement exercises such as Qigong and Tai chi , dietary changes, meditation, or any combination of these and other therapies. Because it is a system of medicine unto itself, any and all health conditions can be addressed by TCM, though it is important to work with a qualified practitioner to achieve desired results. Like chiropractic care, acupuncture is now covered by some medical

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insurance plans, and licensed acupuncture practitioners are relatively easy to find in most urban and suburban settings. As a healing therapy, acupuncture has been practiced for over 3,000 years. Most people are aware that acupuncture entails the use of needles, though people who have not experienced the treatment misunderstand and, therefore, naively fear it. In truth, the needles used in acupuncture are very fine and when inserted, often cannot be felt. Sessions tend to last between minutes, during which the patient typically lies down or sits in a relaxed position. Restoring health can often result when nutritious, whole foods are introduced into the daily diet. The Department of Agriculture has found that a significant proportion of the U.S. population is deficient in several nutrients. This is a startling statistic made more alarming by the fact that the RDAs were not established to promote optimal health, but as a benchmark for keeping deficiency diseases at bay. Practitioners of nutrition therapy, therefore, work with clients in several ways: First, diet and lifestyle are addressed to determine where particular weaknesses may be contributing to ill health. Improvements are suggested, often in tandem with education to help clients understand the importance of selecting high-quality, nutrient-dense foods and drinks. Assessments may be completed to determine specific nutrient deficiencies, and nutritional supplements may be recommended. Nutrition therapy can be powerful when properly implemented, and clients who put their best foot forward and learn how to take better care of themselves can lead renewed lives, empowered with what they have learned and experienced. Conclusion These are only some of the many different alternative health care approaches and therapies that are widely available today. While mainstream medical science may not agree with the theories or practices noted above, it remains important to many who value their health freedom that we have the ability to seek out and engage in such health-related therapies. As with any health-related activity, you should only accept the services of health providers who have been sufficiently trained and are practicing legally where you live. Once these conditions are met, working with a qualified, professional alternative health care practitioner may be the best way for you to achieve vibrant health and optimal well-being. Health care or sick care: What are we reforming? Naturopathic Medicine, Alternative Medicine: The Definitive Guide 2nd ed. The Complete Guide to Natural Medicine. International Masters Publishers, Inc. What You Need to Know. Retrieved September 28, from <http://www.optimumnutrition.com>. We want you to be happy with our products. We offer a day money-back policy.

Chapter 6 : Complementary and Integrative Medicine: MedlinePlus

A report developed by the Institute for Alternative Futures noted that today, complementary and alternative approaches to health and medicine are among the fastest growing aspects of health care and natural health careers.

Some healing treatments “ like acupuncture or herbal medicine ” are not part of conventional medical training. People in Western countries like the United States used to consider these treatments outside the mainstream, or “alternative. Now some Western medical schools teach non-traditional therapies and some hospitals use them in their care. Both alternative and complementary medicine use the same kinds of remedies to treat health conditions. The difference is that alternative medicine is often used instead of conventional medical techniques. Complementary medicine is used in addition to conventional medicine, not as a replacement. Conventional medicine is based on scientific knowledge of the body and uses treatments that have been proven effective through scientific research. Complementary and alternative medicine is based on the belief that a medical care provider has to treat the whole person “ body, mind, and spirit. Some CAM therapies are supported by scientific evidence, others are not. Many still need to be studied. Someone might try complementary health approaches to help improve symptoms or manage side effects from conventional treatments. Because many people believe that CAM approaches “ such as practicing yoga or taking dietary supplements ” can improve overall well being, healthy people often use alternative medicine to try to prevent illness or ensure a healthier lifestyle. Complementary Health Approaches Just as there are many fields in conventional medicine, CAM covers many different practices. Natural products include vitamins, minerals, herbs and other botanicals, probiotics, amino acids, and other dietary supplements. Mind and Body practices include a wide variety of procedures and techniques, such as acupuncture, massage therapy, spinal manipulation, yoga, tai chi and qi gong, meditation, and relaxation techniques. In addition to these different practices, CAM includes several whole medical systems. These alternative medical systems are entire fields of theory and practice, and many date back earlier than the conventional medicine we use in the West today. Examples of alternative medical systems include Traditional Chinese medicine TCM , Ayurveda, homeopathic medicine, and naturopathic medicine. Alternative medical systems incorporate many of the different practices listed above into their treatments. For example, the TCM practice of acupuncture may be combined with herbal medicine and qi gong. And Ayurveda includes the mind-body therapies of meditation and yoga, along with the practice of taking specific herbs for health reasons. Limitations Although CAM does have some proven benefits, like anything it has its limitations. Alternative healing approaches on their own may not be enough to help a person get well. For example, a bacterial infection needs treatment with antibiotics. And just like traditional medications, dietary supplements may have unwanted side effects. Another reason you should be up-front with your doctor about CAM is because, in some cases, some natural products can actually interfere with traditional medical treatments. For example, certain herbal supplements can interfere with some prescription drugs, such as birth control pills or antidepressant medication. As with modern medicine, CAM treatments that are effective for one problem will not help with all problems. Some states have licensing requirements for certain specialists, like acupuncturists and massage therapists, and many are expanding their requirements for licensing as CAM practices grow in popularity. Finding a good CAM practitioner is still not as easy as looking someone up in a phone book. You may have already used a complementary or alternative practice, like yoga or massage, and not even thought about it! Even the more mainstream practices like yoga can hurt someone with a health condition “ like a back problem ” if they are not done properly. So check with your doctor before trying any CAM approach. Your doctor will try to guide you on which practices you can safely try while continuing with your current method of treatment.

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Chapter 7 : Integrative medicine: Alternative becomes mainstream - Mayo Clinic

Complementary and alternative therapies such as acupuncture, chiropractic care, homeopathy, massage therapy, naturopathy, and others Western medications and surgical procedures Continued.

Learn the lingo and get the facts. Complementary medicine has never been more popular. Nearly 30 percent of adults report using complementary and alternative medicine CAM. Doctors are embracing CAM therapies, too, often combining them with mainstream medical therapies — spawning the term "integrative medicine. Natural products Other complementary health approaches Natural products Examples include dietary supplements and herbal remedies. These treatments use ingredients found in nature. Examples of herbs include ginseng, ginkgo and echinacea; examples of dietary supplements include selenium, glucosamine sulfate and SAmE. Herbs and supplements can be taken as teas, oils, syrups, powders, tablets or capsules. Mind and body practices Mind-body techniques strengthen the communication between your mind and your body. CAM practitioners say these two systems must be in harmony for you to stay healthy. Examples of mind-body connection techniques include meditation, prayer, relaxation and art therapies. Manipulation and body-based practices use human touch to move or manipulate a specific part of your body. They include chiropractic and osteopathic manipulation and massage. Some CAM practitioners believe an invisible energy force flows through your body, and when this energy flow is blocked or unbalanced, you can become sick. Different traditions call this energy by different names, such as chi, prana and life force. The goal of these therapies is to unblock or re-balance your energy force. Energy therapies include qi gong, healing touch and reiki. Other complementary health approaches There are other approaches to complementary health that focus on a system, rather than just a single practice or remedy, such as massage. These systems center on a philosophy, such as the power of nature or the presence of energy in your body. Examples of these approaches include: These healing systems arose long before conventional Western medicine and include ayurveda from India and traditional Chinese medicine. This approach focuses on noninvasive treatments to help your body do its own healing and uses a variety of practices, such as massage, acupuncture, herbal remedies, exercise and lifestyle counseling. Why are some doctors hesitant about CAM? Doctors also have good reason to be cautious when it comes to some CAM. Conventional medicine values therapies that have been demonstrated through research and testing to be safe and effective. While scientific evidence exists for some CAM therapies, for many there are key questions that are yet to be answered. In addition, some CAM practitioners make exaggerated claims about curing diseases, and some ask you to forgo treatment from your conventional doctor. For these reasons, many doctors are cautious about recommending these therapies. Why is there so little evidence about CAM? One reason for the lack of research in alternative treatments is that large, carefully controlled medical studies are costly. Trials for conventional therapies are often funded by big companies that develop and sell drugs. Fewer resources are available to support trials of CAM therapies.

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Chapter 8 : Complementary Medicine Centre County, Pennsylvania

About CAM. CAM is a group of diverse medical and health care systems, practices, and products that are not generally considered part of conventional medicine. Complementary medicine is used together with conventional medicine, and alternative medicine is used in place of conventional medicine.

Topic Overview What is complementary medicine? The word "complementary" means "in addition to." Examples of complementary medicine include: Alternative health approaches such as traditional Chinese medicine, homeopathy, and naturopathy. Mind and body practices like acupuncture, massage therapy, and tai chi. Natural products like herbs, dietary supplements, and probiotics. Is research being done on it? Some complementary practices have been studied and tested. That means there are still many questions about these practices. The center has guidelines to help you choose safe treatments that are right for you. Should you use complementary medicine? People often use complementary practices along with care from their medical doctor to deal with chronic health problems, treat symptoms, or stay healthy. Find out about the safety of any complementary product or practice you want to try. Most mind and body practices—such as acupuncture, meditation, and yoga—are very safe when used by healthy people with a well-trained professional. Choose an instructor or practitioner as carefully as you would choose a doctor. Talk with your doctor about any complementary health practice that you would like to try or are already using. Your doctor can help you manage your health better if he or she has the whole picture about your health. Some of these treatments may be covered by your health insurance. But check to see what your plan covers. What are the risks? The greatest risk is that you may use these treatments instead of going to your regular doctor. Complementary medicine should be in addition to treatment from your doctor. Otherwise you may miss important treatment that could save your life. Some natural products may be safe when you take them on their own. But they may not be safe if you have other medical problems. And they could be dangerous when they are combined with another medicine you take. To be safe, always check with your doctor before you use any new natural products or supplements. Natural products can vary widely in how strong they are. And they may also contain harmful things not listed on the label. Your doctor or practitioner may be able to recommend a brand you can trust. This means you could become a victim of fraud. Sellers or people who practice complementary medicine are more likely to be frauds if they: Require large up-front payments. Promise quick results or miracle cures. Warn you not to trust your doctor. What are the benefits? One benefit is that many people who practice complementary medicine take a "whole person," or holistic, approach to treatment. They may take an hour or more to ask you questions about your lifestyle, habits, and background. This makes many people feel better about the treatment, the person giving the treatment itself, and the condition. In some cases, this type of medicine works as well as standard medicine. Also, these treatments may cost less and have fewer side effects than standard treatment. Some people feel more in control when they are more involved in their own health. And since most complementary medicine looks at the connection between mind and body, many people who use it feel better. They like working toward overall wellness instead of just relief from one problem.

Health Tools Health Tools help you make wise health decisions or take action to improve your health. **Decision Points** focus on key medical care decisions that are important to many health problems. **Should I Use Complementary Medicine?** Alternative Health Approaches Alternative health approaches are a set of practices based on a philosophy different from Western biomedicine. Most of these systems have evolved apart from and earlier than the conventional medical system used in the United States.

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Chapter 9 : Please Don't Define "Complementary and Alternative Health Practices" Science

Complementary and alternative medicine (CAM) is the term for medical products and practices that are not part of standard medical care. Standard medical care is medicine that is practiced by health professionals who hold an M.D. (medical doctor) or D.O. (doctor of osteopathy) degree.

My name is Dr. Randi Fredricks and I created this blog because of my passion for complementary and alternative medicine and mental health. I have long been interested the integration of the two fields, blending natural remedies with traditional counseling psychology. Towards that goal, I have studied both areas, earning a Ph. Complementary and Alternative Options The field of natural remedies for mental health are diverse. It encompasses practices spanning diet and exercise changes, hypnosis, chiropractic adjustment, and acupuncture. The benefits of natural remedies are controversial although there are thousands of studies showing their value. Of course, more research is needed to determine the efficacy of even more of these practices. In , more than 38 percent of American adults used some form of alternative medicine, often to treat a mental health issue. Natural Remedies and Biologically Based Practices The idea of using natural remedies to treat mental health is based on a number of different approaches. This approach explores complementary and alternative options including botanical supplements herbal medicine , nutritional counseling, and treating environmental toxicities; tangible and emotional. This also includes the use of dietary supplements and diet manipulation, such as fasting. Manipulative and Body-Based Practices Manipulative and body-based practices encompass a system of therapies that use either manual manipulation or movement of one or more parts of the body to address structural or systematic imbalances of the bones and joints, the soft tissues, and the circulatory and lymphatic systems. Although there is not a lot of peer reviewed literature on manipulative and body-based practices, many people report improvement for mental health issues from these therapies. For example, there is probably nothing more relaxing and stress-reducing than a good Swedish style massage. Spiritually Based Practices One growing area in mental health is the intersection of spirituality with traditional counseling psychology practices. According to the American Psychological Association APA , approximately 80 percent of Americans state they practice some type of spiritual or religious-based faith. For some people, this can mean going to church. For others, this may mean they meditate, pray or offer their time in service work. In psychology there is an approach to therapy that addresses all these types of alternative therapies called Transpersonal Psychology. In fact, no other approach to psychology is in such close alignment with complementary and alternative medicine. The interesting thing about spiritually-based approaches in alternative medicine and psychology is that they are often associated with neurobiology and body-based practices. Examples of this would be yoga and meditation. Fredricks Natural Mental Health Blog features articles and information on all types of natural remedies including herbal medicine, nutrition, various diets, and other natural remedies. This blog also has latest information and research on all types of fasting, including water fasting, juice fasting, intermittent fasting, and diets that mimic fasting. Because nutrition plays such a big part in mental health, there is a lot here on the subject. Because of this, you will find many of my favorite recipes here as well. Most of my recipes are SOS salts, oil and sugar free , vegan, or vegetarian. This is because I believe in diet rotation, that is being carnivorous, vegan, and vegetarian for a few months each year. Since most people know how to cook meat, I focus my recipes on making delicious meatless options. I also discuss both traditional and alternative therapies for mental health that are currently being researched and have been proven effective. To learn more about how I use natural remedies for mental health, visit my practice website DrRandiFredricks.