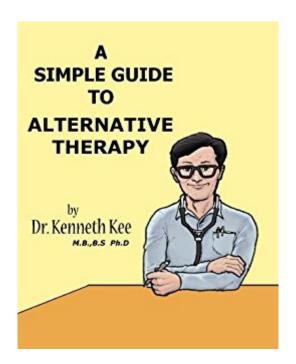
The book was found

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 systems2. Mind-body medicine3. Biologically based practices4. Manipulative and body-based practices5. Energy medicine1. Whole medical systemsA 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 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 medicineMind-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 sulfateb. 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 medicineAn 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 ecommending 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 medicineThe patient must never stop or change his /her conventional treatment without talking to his/her doctor first.

TABLE OF CONTENTChapter 1 Alternative TherapiesChapter 2 Spa TherapyChapter 3
AromatherapyChapter 4 Antioxidants TherapyChapter 5 Acupuncture TreatmentChapter 6
Ayurveda TreatmentChapter 7 HomeopathyChapter 8 Massage TherapyChapter 9
MeditationChapter 10 NaturopathyChapter 11 Reiki TherapyChapter 12 HypnotherapyChapter 13
Yoga therapyChapter 14 ChiropractorChapter 15 Epiloguealternative therapies, hypnotherapy,
Ayurveda Treatment, Aromatherapy, Yoga, Naturopathy, acupuncture

Book Information

File Size: 516 KB

Print Length: 78 pages

Publication Date: July 13, 2012 Sold by:Â Digital Services LLC

Language: English

ASIN: B008LDK0XK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,134,250 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #125 in Books > Medical Books > Nursing > Long-Term Care #843 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies #1296 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System

Download to continue reading...

A Simple Guide to Alternative Therapy (A Simple Guide to Medical Conditions) A Simple Guide To Budd-Chiari Syndrome, (Hepatic Vein Obstruction) Diagnosis, Treatment And Related Conditions (A Simple Guide to Medical Conditions) Art Therapy and Music Therapy Bundle: (Expressive Arts, Movement Therapy, Art Therapy Trauma, Therapy Books) Medical Terminology: Medical Terminology Made Easy: Breakdown the Language of Medicine and Quickly Build Your Medical Vocabulary (Medical Terminology, Nursing School, Medical Books) A Simple Guide to Lice, Treatment and Related Diseases (A Simple Guide to Medical Conditions) A Simple Guide to Leukemia, Diagnosis and Treatment (A Simple Guide to Medical Conditions) A Simple Guide To Emphysema, Diagnosis, Treatment And Related Diseases (A Simple Guide to Medical Conditions)

A Simple Guide to Osteoporosis, Treatment and Related Diseases (A Simple Guide to Medical Conditions) A Simple Guide To Bruxism (Teeth Grinding), Diagnosis, Treatment And Related Disorders (A Simple Guide to Medical Conditions) A Simple Guide To Myeloproliferative Disorders, Diagnosis, Treatment And Related Diseases (A Simple Guide to Medical Conditions) A Simple Guide to Autoimmune Hepatitis, Treatment and Related Diseases (A Simple Guide to Medical Conditions) A Simple Guide to Liver Cirrhosis, Treatment and Related Diseases (A Simple Guide to Medical Conditions) A Simple Guide to Ascites, Treatment and Related Diseases (A Simple Guide To Medical Conditions) A Simple Guide to Anal Fistula, Treatment and Related Diseases (A Simple Guide to Medical Conditions) Speech Therapy for Kids: Techniques and Parents Guide for Speech Therapy (speech therapy, speech therapy materials) Alternative Medicine Made Easy: How to Use Simple Homemade Remedies to Stay Healthy and Disease-Free (Herbal Remedies, Alternative Medicine, How to Use Herbal Remedies,) Living a Healthy Life with Chronic Conditions: Self-Management of Heart Disease, Arthritis, Diabetes, Depression, Asthma, Bronchitis, Emphysema and Other Physical and Mental Health Conditions Treatment of Chronic Medical Conditions: Cognitive-Behavioral Therapy Strategies and Integrative Treatment Protocols Cognitive Behavioral Therapy (CBT): Easy Self Help Guide: Simple Steps To Conquer Anxiety, Depression. Phobias, Addictions, Negative Thoughts, Eating Disorders And Other Psychological Conditions Alternative Medicine Definitive Guide to Headaches (Alternative Medicine Definative Guide)

<u>Dmca</u>