

What Is Complementary and Alternative Medicine?

- 1. What is complementary and alternative medicine?*
- 2. What is Alternative Medicines*
- 3. Alternative Medicines & W. H.O.*
- 4. Importance of Alternative Systems of Medicines.*
- 5. Salient Features Of Alternative Medicines*
- 6. A to Z Guide to Alternative Therapies.*

What is complementary and alternative medicine?

Complementary and alternative medicine, as defined by NCCAM, is a group of diverse medical and health care systems, practices, and products that are not presently considered to be part of conventional medicine.^{1,2} While some scientific evidence exists regarding some CAM therapies, for most there are key questions that are yet to be answered through well-designed scientific studies—questions such as whether these therapies are safe and whether they work for the diseases or medical conditions for which they are used.

The list of what is considered to be CAM changes continually, as those therapies that are proven to be safe and effective become adopted into conventional health care and as new approaches to health care emerge.

Are complementary medicine and alternative medicine different from each other?

Yes, they are different.

*• Complementary medicine is used **together with** conventional medicine. An example of a complementary therapy is using aromatherapy to help lessen a patient's discomfort following surgery.*

*• Alternative medicine is used **in place of** conventional medicine. An example of an alternative therapy is using a special diet to treat cancer instead of undergoing surgery, radiation, or chemotherapy that has been recommended by a conventional doctor.*

What is integrative medicine?

Integrative medicine, as defined by NCCAM, combines mainstream medical therapies and CAM therapies for which there is some high-quality scientific evidence of safety and effectiveness.

What are the major types of complementary and alternative medicine?

NCCAM classifies CAM therapies into five categories, or domains:

1. Alternative Medical Systems

Alternative medical systems are built upon complete systems of theory and practice. Often, these systems have evolved apart from and earlier than the conventional medical approach used in the United States. Examples of alternative medical systems that have developed in Western cultures include homeopathic medicine and naturopathic medicine. Examples of systems that have developed in non-Western cultures include traditional Chinese medicine and Ayurveda.

2. Mind-Body Interventions

Mind-body medicine uses a variety of techniques designed to enhance the mind's capacity to affect bodily function and symptoms. Some techniques that were considered

CAM in the past have become mainstream (for example, patient support groups and cognitive-behavioral therapy). Other mind-body techniques are still considered CAM, including meditation, prayer, mental healing, and therapies that use creative outlets such as art, music, or dance.

3. Biologically Based Therapies

Biologically based therapies in CAM use substances found in nature, such as herbs, foods, and vitamins. Some examples include dietary supplements,³ herbal products, and the use of other so-called natural but as yet scientifically unproven therapies (for example, using shark cartilage to treat cancer).

4. Manipulative and Body-Based Methods

Manipulative and body-based methods in CAM are based on manipulation and/or movement of one or more parts of the body. Some examples include chiropractic or osteopathic manipulation, and massage.

5. Energy Therapies

Energy therapies involve the use of energy fields. They are of two types:

*· **Biofield therapies** are intended to affect energy fields that purportedly surround and penetrate the human body. The existence of such fields has not yet been scientifically proven. Some forms of energy therapy manipulate biofields by applying pressure and/or manipulating the body by placing the hands in, or through, these fields. Examples include, qi gong,, Reiki, and Therapeutic Touch.*

*· **Bioelectromagnetic-based therapies** involve the unconventional use of electromagnetic fields, such as pulsed fields, magnetic fields, or alternating-current or direct-current fields.*

What is Alternative Medicines

Literally, Alternative Medicine means alternative to “something else”, This “something else” is western medicine or allopathy or orthodox medicine.

This term is loosely used to cover all forms of medicine except allopathy. In 1973, the Medical Faculty of the University of Rome convened the first World Congress of Alternative Medicines, and the provisional program contained no less than 135 different therapies. The experts of W.H.O. have also identified and enlisted more than 100 types of practices and they have termed these as traditional medicine.

These forms of medicine are known as traditional medicine (as most of these are practiced from time immemorial), complementary medicine (as these medicines supplement allopathic medicines in many-a-cases) (as it differs from the orthodox medicine), holistic medicine (most of the alternative medical systems consider the human body as a complete being comprising of physical, mental, social and spiritual dimensions), ethno medicine (as these traditional health care systems are closely associated with the life and culture of the masses), natural medicine (as these methods of treatments are based on the laws of nature and natural substances are used to treat the patients).

There are more than 100 systems of alternative medicines still in practice all over the world. Every country, region or area has its own traditional system of health and medical care such as for the Chinese it is acupuncture, for the French, magnetic healing; for the Germans, Heilpraxis;for the English - Herbalism, for India - Ayurveda;

for the Muslim countries - Unani; for the southern part of the country - Siddha; for Japan - shiatsu etc.

The most popular forms of alternative medicine are Ayurveda, Homoeopathy, Unani, Siddha, Naturopathy, Yoga therapy, Acupuncture, Acupressure, Magnetotherapy, Shiatsu, Herbalism, Meditation, Aroma therapy, Bach Flower Remedies, Gem therapy, Chromotherapy, Hydrotherapy, Diet Therapy and Reiki.

Alternative Medicines & W. H.O.

The term Alternative Medicine means any form of medicine that is outside the main stream of western medicine as practiced by the majority of doctors today. Alternative medicine exists in all cultures to some degree and terms such as traditional medicine, indigenous medicine or folk medicine etc. are used to describe such practices. These medicines date back hundred or even thousand of years depending on the country and culture concerned. Because two thirds of the world's population (mainly in the developing countries) relies entirely on such traditional medical therapies, the World Health Organization has declared its intention actively to encourage traditional medicine world wide to fulfill their various goals. It is interesting that even where western medical care is available the majority of people in the third world choose to remain loyal to its indigenous medical systems. The W.H.O. has pledged itself to foster a realistic approach to traditional medicine; to explore the merits of traditional medicines in the light of modern science in order to discourage harmful practices and encourage useful ones; and to promote the integration of proven valuable knowledge and skills in traditional and western medicine.

And, claims one W.H.O. report, "For far too long traditional system of medicine and modern medicine have gone their separate ways in mutual antipathy. Yet are not their goals identical - to improve the health of mankind and thereby the quality of life? Only the blinkered mind would assure that the each has nothing to learn from the other."

Importance of Alternative Systems of Medicines

Recently we see there is a boom in various systems of alternative medicine. More and more patients are opting for alternative systems of medicine. We find a number of articles and stories in the leading-news-papers and magazines which is evident of its popularity.

There is a renewed interest in these system of medicine that were long ago, discarded in pursuance of the dynamic science of Allopathy. But after decades of serious obsession with the modern medicine system that came from the west, in India as elsewhere on the globe, people have started looking at their ancient systems again.

The most important reason which disturb and agitate the mind of the people at large and patients in particular, causing interest in alternative medicine has been the increasing side effects' of allopathic medicine and people are getting afraid of such effects.

The second most important consideration specially in context to the third world or developing countries is the spiraling cost of the allopathic medicine.

The third reason is that when people are frustrated and not getting the desired cures of their ailments from the orthodox medicine they look for some alternative forms of healing that will bring solace and relief. Hence an Interest In alternative medicine is seen.

Besides the above primary reasons there are some subsidiary or secondary reasons of the growing popularity of the alternative medicine such as:

In many societies, especially In rural areas, there are cultural links to the traditional medical systems. Hence it is easier for the rural folk to accept It.

The simplicity of these practices also attract some people.

There are some Individuals that have religious or philosophical aversion to certain western medical practices.

Salient Features Of Alternative Medicines

Although Alternative Medicine includes many systems of healing and every system has its own features and merits, there are some common features which differentiate these from modern medicine.

(1) It considers the health of a person as well - being in Its physical, mental, social and spiritual planes whereas modern medicine treats the body as a machine i.e. main emphasis Is laid upon the physical aspects of life. Now-a-days It has been established that there Is a certain link between the various dimensions of life. Mental, social and spiritual arena have its definite role on the physical human body. Hence, to achieve permanent cure and to maintain good health one has to re-adjust the other aspects of human life too. Health is defined as a state of physical well being, mental alertness, socially adjusted, and spiritually developed.

(2) Most of the systems under alternative medicine stress upon the maintenance of health by following healthy life styles i.e. they stress upon proper diet. exercise, human relations, sexuality, positive attitudes, clean environment, moral and spiritual values etc. Thus preventive and promotive aspects of health is given its due importance. The person is made conscious to maintain his total health.

(3) Simplicity of the practices avoiding the intake of potent and hard drugs and undergoing unnecessary diagnostic and surgical interference. Every system in alternative medicine has its own unique philosophy and inexpensive methods of diagnosis and treatment.

(4) less or no side effects.

5) The time tested traditional system of medicine has a reasonable alternative and answer to most of the diseases which have no amenable answer from modern medical treatment such as collagen disorder, degenerative diseases, diseases of the bones and joints, psychosomatic disorders where behavioral, emotional and spiritual factors have a major role.

6) Faith – The sum total of above reasoning have produced a positive faith in alternative medicine among the people. It is a well known fact to all doctors that faith often cures where medicines don't. More and more persons hence turn to other systems with faith in their hearts and a prayer on their lips and this has a magical power that can move mountains.

Alternative Therapies

The following is a guide to some alternative therapies:

Acupressure

Similar to acupuncture, but using finger pressure rather than fine needles on specific points along the body to treat ailments such as tension and stress, aches and pains, menstrual cramps, arthritis.

Acupuncture

Fine needles are inserted at specific points to stimulate, disperse, and regulate the flow of vital energy, and restore a healthy energy balance. In addition to pain relief, acupuncture is also used to improve well being and treat acute, chronic, and degenerative conditions in children and adults.

Aromatherapy

Using “essential oils” distilled from plants, aromatherapy treats emotional disorders such as stress and anxiety as well as a wide range of other ailments. Oils are massaged

into the skin in diluted form, inhaled, or placed in baths. Aromatherapy is often used in conjunction with massage therapy, acupuncture, reflexology, herbology, chiropractic, and other holistic treatments.

Astrology

Astrology is a humanistic attempt at trying to understand the cycles that we share with the forces in the Universe. The planets have corresponding rulership to certain vitamins, minerals, cell salts, herbs, metals, colors and parts of the body. Through the chart, one can look to see what natal health conditions exist. Through these precepts, we can then look at the present and into the future to see what areas of our lives are being affected and potentially how we can head off ill health and promote wellness.

Atlas Orthogonal

Atlas Orthogonal is a chiropractic program to evaluate and correct subluxation based on scientific and biomechanical procedures. By incorporating the latest advancements in scientific technology, chiropractors can calculate, in precise detail, the vectors specific to an individual subluxation pattern, and program their instrument with the specific correction vectors to deliver the adjustment without any manipulation at all.

Ayurvedic Medicine

Practiced in India for more than 5,000 years, ayurvedic tradition holds that illness is a state of imbalance among the body's systems that can be detected through such diagnostic procedures as reading the pulse and observing the tongue. Nutrition counseling, massage, natural medications, meditation, and other modalities are used to address a broad spectrum of ailments.

Auricular Therapy

Ancient Egyptian writings state that pain can be relieved by stimulating certain points on the ear. In the 1800's, several publications indicated that there were several techniques of cauterization and manipulation of the ears to aid certain disorders. Many benefits can be achieved by massaging and palpating specific points on the ear.

Alexander Technique

The Alexander Technique is a method that works to change (movement) habits in our everyday activities. It is a simple and practical method for improving ease and freedom of movement, balance, support and coordination. The technique teaches the use of the appropriate amount of effort for a particular activity,

giving you more energy for all your activities. It is not a series of treatments or exercises, but rather a reeducation of the mind and body.

Autogenic Training

It is a century-old European method for achieving relaxation based upon passive concentration and body awareness of specific sensations. Its effectiveness has been shown in relieving many stress-related disorders including anxiety, tension, insomnia, and examination stress. Persons with chronic medical conditions ranging from migraine, colitis, irritable bowel syndrome, diabetes, high blood pressure, to thyroid disease and many other conditions have also been shown to benefit from the practice of autogenic training.

Anthroposophical Medicine

Anthroposophical Medicine involves an internationally organized group of people who think that Rudolf Steiner (an Austrian physician, 1861-1925) found the ultimate truth - the anthroposophy. Steiner said: By anthroposophy, I mean a scientific investigation of the spiritual world which will bring to light the weaknesses and half-truths not only of science but also of modern mysticism. It is a method which, before attempting to investigate the spiritual worlds, first develops psychic powers not normally used in daily life or in current scientific research.

Auto-Urine Therapy

This practice comes from Yoga and is the use of one's own urine as food, medicine, restorative, transforming agent and immune system booster. It is sometimes called 'Your Own Doctor'.

Holotropic Breathwork

It is a simple yet powerful technique for self-exploration and healing, based on combined insights from modern consciousness research, depth psychology and perennial spiritual practices. The method activates non-ordinary states of consciousness which mobilize the spontaneous healing potential of the psyche. Sustained effective breathing, evocative music, focussed energy work and mandala drawing are components of this subjective journey. 'Holotropic' literally means 'moving towards wholeness'.

Biofeedback

A method of monitoring minute metabolic changes in one's own body with the aid of sensitive machines. The technique is used especially for stress-related conditions such as asthma, migraines, insomnia, and high blood pressure. Clients learn to make subtle adjustments to move toward a more balanced internal state by consciously visualizing, relaxing, or imagining while observing light, sound, or metered feedback.

Bach Flower Remedies

A system of herbal remedies devised by Edward Bach, these floral remedies can supposedly alter the disharmonies of personality and emotional state that trouble us all from time to time. These remedies are mostly aimed at curing emotional states rather than physical ones.

Cellular Therapy

Cellular therapy also called live cell therapy, cellular suspensions, glandular therapy, fresh cell therapy, siccacell therapy, embryonic cell therapy, and organotherapy — refers to various procedures in which processed tissue from animal embryos, fetuses or organs, is injected or taken orally. Products are obtained from specific organs or tissues said to correspond with the unhealthy organs or tissues of the recipient. Proponents claim that the recipient's body automatically transports the injected cells to the target organs, where they supposedly strengthen them and regenerate their structure. The organs and glands used in cell treatment include brain, pituitary, thyroid, adrenals, thymus, liver, kidney, pancreas, spleen, heart, ovary, testis, and parotid. Several different types of cell or cell extract can be given simultaneously — some practitioners routinely give up to 20 or more at once.

Chromotherapy or Colour Therapy

The use of colour (usually in the form of coloured light) to produce beneficial or healing effects.

Colon Therapy

The therapeutic goals of colon therapy are to balance body chemistry, eliminate waste, and restore proper tissue and organ function. Colon therapy releases toxins, cleans the blood, stimulates the immune system, and aids in restoring the pH balance in the body. Colon Therapy, also known as colonics, is believed to relieve a wide range of symptoms related to colon dysfunction.

Chelation Therapy

Chelation therapy is a series of intravenous injections of the synthetic amino acid EDTA, designed to detoxify the body. It is also often used to treat arteriosclerosis. Most frequently, this is administered in an osteopathic or medical doctor's office.

Chinese (Oriental) Medicine

Oriental medical practitioners are trained to use a variety of ancient and modern therapeutic methods - including acupuncture, herbal medicine, massage, heat therapy, and nutritional and lifestyle counseling - to treat a broad range of both chronic and acute illnesses.

Chiropractic

The chiropractic views the spine as the backbone of human health: misalignments of the vertebrae caused by poor posture or trauma cause pressure on the spinal nerve roots, leading to diminished function and illness. Through manipulation or adjustment of the spine, treatment seeks to analyze and correct these misalignments.

Colonics

A colonic is a colon irrigation, the irrigation of the large intestine with sanitized, filtered water under gentle pressure to wash out or detoxify it of stagnated fecal material; it is a full intestinal enema.

Counseling/Psychotherapy

This broad category covers a range of practitioners, from career counselors to psychotherapies who treat depression, stress, addiction, and emotional issues. Formats can vary from individual counseling to group therapy. Some therapists may also incorporate bodywork, ritual, energy healing, and other alternative modalities as part of their practice.

Cupping

It is a traditional Chinese medical technique which applies suction to diseased parts of the body using ceramic glass or bamboo cups in order to increase the regional circulation and thereby promote healing. In very ancient times the horns of animals were used for this purpose.

Craniosacral Therapy

This is a manual therapeutic procedure for remedying distortions in the structure and function of the craniosacral mechanism - the brain and spinal cord, the bones of the skull, the sacrum, and interconnected membranes. It is used to treat chronic pain, migraine headaches, TMJ, and a range of other conditions.

Dance/Movement Therapies

Dance and/or movement therapy uses expressive movement as a therapeutic tool for both personal expression and psychological or emotional healing. Practitioners work with people with physical disabilities, addiction issues, sexual abuse histories, eating disorders, and other concerns.

Dentistry, Holistic

Holistic dentists are licensed dentists who bring an interdisciplinary approach to their practice. They may incorporate such methods as homeopathy, nutrition and acupuncture into their treatment plans. Most holistic dentists emphasize wellness and preventive care while avoiding silver-mercury fillings.

Dowsing

Dowsing is an ancient art of searching for hidden things (water, precious metals, etc) using one of the senses that many of us are not even aware of possessing; reportedly 80% of people have this special gift

- an ability to sense things not perceptible to others. Some of these people do not need any extra tools to do that - they just KNOW where is the best place to dig a well or where the gold treasure is hidden.

Ear Candling

Primarily used for wax buildup and related hearing problems, ear candling is also used for ear infections and sinus infections. Treatment involves placing the narrow end of a specially designed hollow candle at the entry of the ear canal, while the opposite end is lit.

Electropathy

Electropathy is a specialised system of therapeutics which involves the use of various forms of electric currents for medicinal purposes.

Fasting Therapy

Therapeutic fasting or fasting for health is a purifying and rejuvenating process by which toxic waste matters of the body are eliminated and regeneration of diseased tissues occurs.

Feng Shui

Ancient Chinese practice of arranging the home or work environment to promote health, happiness, and prosperity. Consultants may recommend changes in the surroundings - from color selection to furniture placement - in order to promote a health flow of chi, or vital energy.

Feldenkrais Method

The Feldenkrais Method is a systematic approach to neuromuscular relearning. The method is suited to healthy people who want to increase the flexibility of their bodies and thinking, people with neurological and movement disorders, and those who want to achieve excellence in the arts, sports, or any endeavor.

Flower Essences

A method of alleviating negative emotional states that may contribute to illness or hinder personal growth. Drops of a solution infused with the captured "essence" of a flower are placed under the tongue or in a beverage. The practitioner helps the client choose appropriate essences, focusing on the client's emotional state rather than on a particular physical condition.

Gem Therapy

A relatively recent discovery in the field of alternative medicines, it involves the use of specific gems to treat specific ailments.

Herbalism

An ancient form of healing still widely used in much of the world, herbalism uses natural plants or plant-based substances to treat a range of illnesses and to enhance the functioning of the body's systems. Though herbalism is not a licensed professional modality in the United States, herbs are "prescribed" by a range of practitioners.

Heliotherapy

Heliotherapy is the science conducted on the positive effects of the sun and is an effective tool in boosting the body's immune system.

Holistic Medicine

A descriptive term for a healing philosophy that views a patient as a whole person, not as just a disease or a collection of symptoms. In the course of treatment, holistic medical practitioners may address a client's emotional and spiritual dimensions as well as the nutritional, environmental, and lifestyle factors that may contribute to an illness. Many holistic medical practitioners combine conventional forms of treatment with natural or alternative treatments.

Homoeopathy

A medical system that uses infinitesimal doses of natural substances - called remedies - to stimulate a person's immune and defense system. A remedy is individually chosen for a sick person based on its capacity to cause, if given in overdose, physical and psychological symptoms similar to those a patient is experiencing. Common conditions homoeopathy addresses are infant and childhood diseases, infections, fatigue, allergies, and chronic illnesses such as arthritis.

Hypnotherapy

A means of bypassing the conscious mind and accessing the subconscious, where suppressed memories, repressed emotions, and forgotten events may remain recorded. Hypnosis may facilitate behavioral, emotional, or attitudinal change such as weight loss, or smoking cessation. It is also used to treat phobias, stress, and as an adjunct in the treatment of illness.

Hydrotherapy

It is defined as the scientific application of water for therapeutic purposes. Water may be used at various temperatures, in different modes and in different forms.

Iridology

The diagnostic system based on the premise that every organ has a corresponding location within the iris of the eye, which can serve as an indicator of the individual organ's health or disease. Iridology is used by naturopaths and other practitioners, particularly when diagnosis achieved through standard methods is unclear.

Kinesiology

Kinesiology is the study of the human body during movement. There are many disciplines within Kinesiology including anatomy, biomechanics, exercise physiology, motor control, motor learning, neuromuscular physiology, sports psychology, and philosophy. Kinesiology graduates enter a variety of careers and graduate programs related to the understanding of how the body works including medical school, physical and occupational therapy schools, athletic training, and other health professions, public school teaching, sport and exercise related fields, the military, business, and law.

Lymph Drainage Therapy

Therapy to drain and improve the lymphatic vessels, a system of tubes or canals through which lymph is carried from different parts of the body.

Massage Therapeutic

A general term for a range of therapeutic approaches with roots in both Eastern and Western cultures. It involves the practice of manipulating a person's muscles and other soft tissue with the intent of improving a person's well-being or health, and may include, but not be limited to, effleurage, deep tissue, percussion, vibration, and joint movement.

Magnetotherapy

The art of healing by the application of natural and artificial magnets to the diseased parts of the human body. It is a clinical system by which human ailments are treated and cured through the application of magnets to the body of the patients.

Midwifery/Childbirth Support

Midwives provide education and support during pregnancy, assist the mother during labor and delivery, and provide follow-up care. Practitioners of childbirth support include childbirth educators, assistants, and doulas (women labor coaches who also provide postpartum home care).

Native American Herbology

Native American healers and spiritual leaders seldom travel far from their homes and even more infrequently publicize their work - it is not the way. However, there is a body of knowledge about the herbal treatments used by various Native People. Much of the information has been tested and incorporated into our present herbal therapies.

Natural Products

Products composed of organically grown plants and containing no chemicals. These products may be used cosmetically as well as for health and nutrition.

Naturopathic Medicine

Naturopathic physicians work to restore and support the body's own healing abilities using a variety of modalities including nutrition, herbal medicine, homeopathic medicine, and orient medicine. A primary health-care system which emphasizes the curative power of nature, treating both acute and chronic illnesses in all age groups.

Network Chiropractic

This refers to a network of independent chiropractic offices that use Network Spinal Analysis, a method characterized by the sequential application of a number of gentle, specific adjusting techniques. Care progresses through a series of levels that parallel spinal and quality-of-life changes.

Ohashiatsu

A system of physical techniques, exercise and meditation used to relieve tension and fatigue and induce a state of harmony and peace. The practitioner first assesses a person's state by feeling the hara, the area below the navel. Then, using continuous and flowing movements, the practitioner presses and stretches the body's energy channels, working in unison with the person's breathing.

Oriental Diagnosis

It is a diagnostic procedure by which the patient's pulse is examined to detect disease according to traditional Chinese medicine.

Osteopathic Medicine

Osteopathic physicians provide comprehensive medical care, including preventive medicine, diagnosis, surgery, prescription medications, and hospital referrals. In diagnosis and treatment, they pay particular attention to the joints, bones, muscles, and nerves and are specially trained in osteopathic manipulative treatment - using their hands to diagnose, treat, and prevent illness.

Physiotherapy

It is a wonderful manipulative technique by which the deformities of an individual are modified in order to tonify the body and the vital organs in accordance with the principles of naturopathy.

Pyramid Healing

A potential healing method using pyramidal structures.

Radiesthesia

The use of of dowsing or divining to diagnose disease and select remedies. It can be used to diagnose any condition according to leading practitioners. Basically, it is simply a method of arriving at a diagnosis and treatment using the human being as the diagnostic instrument.

Radionics

A therapy that has grown up around the ability of the human being to use radiesthesia together with simple instruments to help in the diagnosis of disease in animals, plants and humans and then to treat this disease at a distance without the presence of the patient.

Reconstructive Therapy/Prolotherapy

Reconstructive therapy uses injections of natural substances such as dextrose, glycerin, and phenol in order to stimulate the growth of connective tissue and this strengthens weak or damaged joints, cartilage, ligaments, and tendons. This therapy is used to treat degenerative arthritis, lower back pain, torn ligaments and cartilage, carpal tunnel syndrome, and other conditions.

Reflexology

This modality is based on the idea that specific points on the feet and hands correspond with organs and tissues throughout the body. With fingers and thumbs, the practitioner applies pressure to these points to treat a wide range of stress-related illnesses.

Reiki

Practitioners of this ancient Tibetan healing system use light hand placements to channel healing energies to the recipient. While practitioners may vary widely in technique and philosophy, Reiki is commonly used to treat emotional and mental distress as well as chronic and acute physical problems, and to assist the recipient in achieving spiritual focus and clarity.

Rolfing

A massage technique using deep manipulation of the fascia (connective tissue) to restore the body's natural alignment, which may have become rigid through injury, emotional trauma, and inefficient movement habits. The process involves ten sessions, each focusing on a different part of the body.

Shiatsu

The most widely known form of accupressure, shiatsu has been used in Japan for more than 1,000 years to treat pain and illness and for general health maintenance. Using a series of techniques, practitioners apply rhythmic finger pressure at specific points on the body in order to stimulate chi, or the vital energy.

Sound Therapy

The use of sound waves to heal.

Tibetan Medicine

Evolved as a synthesis of Tibetan, Chinese and Persian Medicine, and even Ayurveda. These remedies include indigenous herbs, fruits, flowers, metallic powders and minerals given in tablets, and are especially effected in treating rheumatism, asthma, gastritis, diabetes and many neurological disorders.

Unani

Involves the use of plants and herbs, these remedies are known to provide cures for diseases such as sinusitis , leucoderma, rheumatism, jaundice and elephantiasis.

Vision Therapies

Through exercise and relaxation techniques, vision may actually be improved to the point that glasses may no longer be needed. Therapies are typically offered by licensed optometrists and ophthalmologists.

Vitamin Therapy

A complementary therapy of vitamin usage combined with other treatments to address a range of illnesses and to enhance the functioning of the body's systems. Assists the immune system in combating diseases such as Chronic Fatigue Syndrome and HIV/AIDS.