
MEDICINE IS INTEGRATING

Conventional Medicine Is Adopting & Utilizing Alternatives

The line between conventional and alternative medicine is getting a bit blurry. The therapies that fit into each category change with research, usage and acceptance. What may be considered an alternative therapy by some medical professionals may be seen as complimentary therapy to others. For example, some doctors now lessen post-surgery discomfort by treating patients with aromatherapy.

For some alternative therapies, being considered a complementary treatment is just a stepping stone. When the safety and effectiveness of such a therapy is supported by research and evidence, it then crosses over into the category of *integrated medicine*. It's become part of the conventional treatment protocol. And with the increase of usage and success, all the labels may disappear. For example, radiation therapy used to fight cancer began as an alternative therapy in the early 1900's.



The term acupuncture was coined by French Jesuit missionaries in the 16th/17th centuries. It comes from the Latin words acus (needle) and punctura (puncture).

ALTERNATIVE/COMPLEMENTARY THERAPIES

Administered By Trained Professionals

Some of the alternative therapies below may also fit into the complementary medicine category. And in other parts of the world, some may even be considered part of conventional medicine.

- ◆ Acupuncture & Acupressure
- ◆ Ayurveda
- ◆ Biofeedback
- ◆ Chelation
- ◆ Chiropractic therapy
- ◆ Energy healing
- ◆ Homeopathy
- ◆ Folk medicine
- ◆ Massage and other types of bodywork
- ◆ Naturopathy and herbal therapy

Self-Administered

Here are some alternative and complementary therapies that people can administer on their own. Some of these therapies may be recommended by a medical doctor and/or may be self-administered under the guidance of a trained professional.

- ◆ Deep breathing and yoga
- ◆ Dieting and exercise
- ◆ Guided imagery
- ◆ Meditation
- ◆ Music, pet and aroma therapy
- ◆ Prayer
- ◆ Progressive relaxation
- ◆ Qi gong and Tai chi
- ◆ Vitamin/Megavitamin therapy

(Source: National Center for Complementary & Alternative Medicine)

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