

1: Cancer Alternative Therapies: MedlinePlus

Alternative medicine is a term that describes medical treatments that are used instead of traditional (mainstream) therapies. Some people also refer to it as "integrative," or "complementary."

Before seeking out a mental health professional or talking to their doctor, a lot of people turn to alternative remedies to try and combat clinical depression. Few people want to take a prescription medication often because of the cost or side effects when something else might work just as well. This article will cover some of the more popular alternative remedies for clinical depression, many of which have significant research backing to support their use. In many cases, trying an alternative treatment may be sufficient to help alleviate the most distressing symptoms of depression. As with any treatment for depression, your results will vary in trying any of the below options. People with more serious or severe depression may experience the least benefit from these kinds of treatments. You should not try more than one alternative treatment at a time, especially when it comes to herbal remedies. Be patient in waiting to experience the full, beneficial effects of any of the below treatments, as it can take anywhere from 4 to 8 weeks for you to feel it. It is widely used throughout Europe, Germany in particular, where it is licensed for depression, sleep disorders and anxiety. Herbal remedies are considered a form of alternative medicine. It is named for St. John the Baptist because it blooms around June 24, his feast day. In ancient times, this herbal remedy was believed to have powers to ward off evil spirits. Dozens of research studies have been conducted and published throughout the world on the efficacy of this herb. For instance, in early 1990s, the British Medical Journal published an article demonstrating that in a large clinical trial, St. John's wort, the Cochrane Collaboration – a non-profit research organization that analyzes scientific studies to draw conclusions from them – determined that the overall body of research evidence for the effectiveness of St. John's wort. Cochrane Researchers reviewed 29 trials which together included 5,300 patients with symptoms of major depression. All trials employed the commonly used Hamilton Rating Scale for Depression to assess the severity of depression. In trials comparing St. John's wort to placebo, the usual dose is milligrams is two to three times a day with food. Like almost anything you take for depression, it seems like it may take 4 to 8 weeks to experience the full positive effects of this treatment. S-adenosyl methionine (SAMe) S-adenosyl methionine also known as S-adenosylmethionine or simply SAMe appears to be an effective treatment for depression, at least for short-term use. In a meta-analytic review of 7 studies, a significant improvement was found for patients taking SAMe versus placebo in the treatment of depressive symptoms Williams et al. Another, more recent review found virtually the same result, but also lamented that many of the studies examined were of poor scientific quality Carpenter, 2002. When considering taking SAMe, again, look for brand name products which typically have higher quality control standards. The effective dose varies between 1,000 to 1,500 milligrams a day, taken on an empty stomach. You can take lower doses under 1,000 milligrams once a day, a half hour before the morning meal. Anything over 1,000 mg you should split into at least two doses, taking the second one a half hour before lunch. The evidence is not fully conclusive, but omega-3 supplements are an option. One to two grams of omega-3 fatty acids daily is the generally accepted dose for healthy individuals, but for patients with mental disorders, up to three grams has been shown to be safe and effective. Supplements that contain amino acids have been found to reduce symptoms, possibly because they are converted to neurotransmitters in the brain that help alleviate depression. For example, serotonin is made using the amino acid tryptophan. Dietary supplements that contain tyrosine or phenylalanine, later converted into dopamine and norepinephrine, are also available. You can get omega-3 from a variety of sources, both natural and supplemental. Naturally occurring omega-3 can be found in large amounts in beans kidney, navy or soy, walnuts and flaxseeds. Fish, winter squash and olive oil also can act as a rich source of omega-3. There has been no recommended standard doses of such supplements. Vitamins and Minerals Deficiencies of magnesium and vitamins B and D have been linked to depression. Research suggests that patients treated with 0.5 to 2.0 grams of magnesium with each meal and at bedtime have shown a more rapid recovery from major depression. Hoang and colleagues found that low vitamin D levels are associated with greater depressive symptoms – especially in people with a prior history of depression. Taking between 1,000 and 2,000 IU

of vitamin D each day may help with keeping depression at bay. This is not surprising, however, since some of the symptoms of depression that many people experience include lethargy and a lack of motivation and energy. How can one exercise when one feels so unmotivated to do anything? For instance, simply walking for 20 to 30 minutes per day, every other day, is sufficient to gain some mood-lifting benefits. Other Herbs There have, as of this writing, been only a small number of studies conducted on other possible herbal remedies for depression Sarris et al. Therefore, based upon the evidence to date, none of these herbs are recommended as potential treatments for depression. In two randomized controlled clinical trials of C. These studies also noted that anxiety, tachycardia, nausea, dyspepsia and changes in appetite are possible side effects of this herb. Rhodiola Rhodiola rosea has had only a single study demonstrating its effectiveness in depression, and is therefore not recommended. Echium amoenum also has had only a single study that has examined its effectiveness in treating depression symptoms and is also not recommended. Are Herbal Remedies Safe? In general, yes, herbal remedies are safe when purchased from a major retail outlet and are a name brand product. Herbal remedies have come a long way in the past decade, as their formulations have become more standardized across manufacturers. As pointed out in a recent medical journal article, contamination, mislabeling, and misidentification of herbs are important problems. In general, if you are taking an herbal remedy or thinking about it, discuss it with your physician. This is particularly important if you have several medical illnesses and are taking prescription medications. Altern Med Review, 16, Association between low serum hydroxyvitamin d and depression in a large sample of healthy adults: Cochrane Database of Systematic Reviews , 4. Herbal medicine for depression, anxiety and insomnia: A review of psychopharmacology and clinical evidence. S-adenosylmethionine SAME as treatment for depression: He is an author, researcher and expert in mental health online, and has been writing about online behavior, mental health and psychology issues -- as well as the intersection of technology and human behavior -- since Grohol sits on the editorial board of the journal Computers in Human Behavior and is a founding board member and treasurer of the Society for Participatory Medicine. You can learn more about Dr. Alternative Treatments for Depression. Retrieved on November 9, , from <https://>

2: Lung Institute | Alternative COPD Treatments: Do They Work or Not?

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." Mind-body.

Contact Us What is integrative therapy? Examples of integrative therapies include acupuncture, guided imagery, chiropractic treatments, yoga, hypnosis, biofeedback, aromatherapy, relaxation, herbal remedies, massage and many others. There is some evidence that holistic treatment is effective for depression. Using holistic psychotherapies can help patients go back to the source of the depression in their lives and learn effective ways of using tools to manage the symptoms and in many cases improve their overall functioning. What are some integrative therapies used to treat depression? Herbal remedies Before recommending any substance to treat reported depression or mood imbalance, providers will take detailed medical history to look for biochemical causes that may contribute to mood imbalance. The blood tests may check levels of certain substances, such as Vitamin D and folate, which may play a role in mood imbalance. Of the wide variety of available herbal therapies, St. Ginkgo biloba is thought to improve memory and other intellectual functions, although the evidence is not consistent. Any herbal supplement requires caution and should be taken only after consulting your doctor. Your doctor can help you weigh the risks and potential benefits so you can make an informed decision. Acupuncture Acupuncture is an ancient Chinese method of healing that prevents and cures specific diseases and conditions by sticking very fine, solid needles into specific points on the body. It also prompts the body to produce chemicals that decrease or eliminate painful sensations. In a recent clinical study, acupuncture has been shown effective in decreasing depression at three months, compared to usual care. For people who suffer from both pain and depression, acupuncture is better than counseling and standard of care at reducing both symptoms. Acupuncture is highly effective at treating pain, such as headaches; menstrual cramps; and low back, neck, or muscle pain. It also can be used to treat menopausal symptoms, allergy symptoms, and side effects due to radiation and chemotherapy. Reflexology Reflexologists believe that the body has the capacity to heal itself. The nerves in the hands and feet are related to various parts of the body. Reflexologists believe that the healing process is stimulated by applying pressure to specific points on the hands and feet. Exercise Different forms of exercise can lower your stress; reduce depression; and increase your energy level, balance, flexibility, and ability to relax. In general, exercise is a safe and easy way to improve your well-being, but always check with your doctor before starting a new exercise program. Meditation Meditation is sometimes described as an altered state of consciousness. It is a form of relaxation that, unlike sleep, is entered into purposely. Meditation is usually practiced regularly — for at least 10 minutes each day. While the body is at rest, the mind is cleared by focusing on one thought, which could be a word, phrase, or particular scenery. Massage Massage uses touch to promote relaxation while decreasing tension and stress. The release of serotonin and dopamine, and the decrease of cortisol during a massage may help improve the symptoms of depression, lessen pain and improve sleep. Massage supports the mind-body connection, allowing for a better awareness of what is happening in our bodies. Some variations of massage that can support the mind-body connection and general relaxation are Swedish massage techniques, Reiki, aromatherapy, and craniosacral therapies. Guided imagery and relaxation Guided imagery is a form of focused relaxation that helps create harmony between the mind and body. Guided imagery coaches you in creating calm, peaceful images in your mind — a "mental escape" for therapeutic purposes. It can help people cope with — and possibly overcome — stress, anger, pain, depression, and insomnia with or without associated physical illness. Practicing yoga teaches you breathing techniques that can help to energize you when you are feeling down or to help calm you at the times you may be feeling anxiety. The breath is the link between your mind and your body. Changing your breath can help you feel better mentally and physically. The postures and movements in yoga teach you how to hold your body in a way that can make you feel stronger, better able to breathe and function, and to create an improved sense of overall well-being. Cleveland Clinic is a non-profit academic medical center. Advertising on our site helps support our mission. We do not endorse non-Cleveland

Clinic products or services. A Randomised Controlled Trial. PLoS Med 10 9: Acupuncture, counseling or usual care for depression and comorbid pain; secondary analysis of a randomised controlled trial.

3: Alternative Therapies for Depression | Cleveland Clinic

Alternative medicine, fringe medicine, pseudomedicine or simply questionable medicine is the use and promotion of practices which are unproven, disproven, impossible to prove, or excessively harmful in relation to their effect “in the attempt to achieve the healing effects of medicine.

Aromatherapy, exercise, hypnosis, massage, meditation, tai chi, yoga Which alternative cancer treatments are worth trying? These 10 alternative cancer treatments have shown some promise in helping people with cancer. During acupuncture treatment, a practitioner inserts tiny needles into your skin at precise points. Studies show acupuncture may be helpful in relieving nausea caused by chemotherapy. Acupuncture may also help relieve certain types of pain in people with cancer. Ask your doctor for names of trusted practitioners. Aromatherapy uses fragrant oils to provide a calming sensation. Oils, infused with scents such as lavender, can be applied to your skin during a massage, or the oils can be added to bath water. Fragrant oils can also be heated to release their scents into the air. Aromatherapy may be helpful in relieving nausea, pain and stress. Aromatherapy can be performed by a practitioner, or you can use aromatherapy on your own. Aromatherapy is safe, though oils applied to your skin can cause allergic reactions. People with cancer that is estrogen sensitive, such as some breast cancers, should avoid applying large amounts of lavender oil and tea tree oil to the skin. Exercise may help you manage signs and symptoms during and after cancer treatment. Gentle exercise may help relieve fatigue and stress and help you sleep better. Many studies now show that an exercise program may help people with cancer live longer and improve their overall quality of life. Start slowly, adding more exercise as you go. Aim to work your way up to at least 30 minutes of exercise most days of the week. Hypnosis is a deep state of concentration. During a hypnotherapy session, a therapist may hypnotize you by talking in a gentle voice and helping you relax. The therapist will then help you focus on goals, such as controlling your pain and reducing your stress. Hypnosis may be helpful for people with cancer who are experiencing anxiety, pain and stress. It may also help prevent anticipatory nausea and vomiting that can occur if chemotherapy has made you sick in the past. When performed by a certified therapist, hypnosis is safe. But tell your therapist if you have a history of mental illness. During a massage, your practitioner kneads your skin, muscles and tendons in an effort to relieve muscle tension and stress and promote relaxation. Several massage methods exist. Massage can be light and gentle, or it can be deep with more pressure. Studies have found massage can be helpful in relieving pain in people with cancer. It may also help relieve anxiety, fatigue and stress. Massage can be safe if you work with a knowledgeable massage therapist. Many cancer centers have massage therapists on staff, or your doctor can refer you to a massage therapist who regularly works with people who have cancer. Ask the massage therapist to avoid massaging near surgical scars, radiation treatment areas or tumors. If you have cancer in your bones or other bone diseases, such as osteoporosis, ask the massage therapist to use light pressure, rather than deep massage. Meditation is a state of deep concentration when you focus your mind on one image, sound or idea, such as a positive thought. When meditating, you might also do deep-breathing or relaxation exercises. Meditation may help people with cancer by relieving anxiety and stress. Meditation is generally safe. You can meditate on your own for a few minutes once or twice a day or you can take a class with an instructor. During music therapy sessions, you might listen to music, play instruments, sing songs or write lyrics. A trained music therapist may lead you through activities designed to meet your specific needs, or you may participate in music therapy in a group setting. Music therapy may help relieve pain and control nausea and vomiting. Many medical centers have certified music therapists on staff. Relaxation techniques are ways of focusing your attention on calming your mind and relaxing your muscles. Relaxation techniques might include activities such as visualization exercises or progressive muscle relaxation. Relaxation techniques may be helpful in relieving anxiety and fatigue. They may also help people with cancer sleep better. Relaxation techniques are safe. Typically a therapist leads you through these exercises and eventually you may be able to do them on your own or with the help of guided relaxation recordings. Tai chi is a form of exercise that incorporates gentle movements and deep breathing. Tai chi can be led by an instructor, or you can learn tai chi on your own following books or videos. Practicing tai chi may help relieve stress. Tai chi is

generally safe. Still, talk to your doctor before beginning tai chi. Yoga combines stretching exercises with deep breathing. During a yoga session, you position your body in various poses that require bending, twisting and stretching. There are many types of yoga, each with its own variations. Yoga may provide some stress relief for people with cancer. Yoga has also been shown to improve sleep and reduce fatigue. Before beginning a yoga class, ask your doctor to recommend an instructor who regularly works with people with health concerns, such as cancer. Avoid yoga poses that cause pain. A good instructor can give you alternative poses that are safe for you. You may find some alternative treatments work well together. For instance, deep breathing during a massage may provide further stress relief.

4: Alternative treatments for attention deficit hyperactivity disorder

Complementary and alternative medicine includes practices such as massage, acupuncture, tai chi, and drinking green tea. Credit: iStock Complementary and alternative medicine (CAM) is the term for medical products and practices that are not part of standard medical care.

More Americans are looking beyond Western medicine to help relieve their back, neck, and spinal joint pain, including osteoarthritis of the spine. Learn as much as you can about the alternative treatment you are interested in. Alternative Medical Systems Medical systems include ancient healing practices, which include Ayurveda, a whole-body approach of therapy from India and traditional Chinese medicine eg, acupuncture, moxibustion. Naturopathy or naturopathic medical care may include massage, water therapy, and herbal medications. Mind-Body Techniques Mind-body techniques may help a patient with neck or back pain to use their mind to affect or control their symptoms in a positive way, thereby reducing pain. Common mind-body techniques include: Biologically-Based Therapies Biologically-based therapies incorporate nature-based substances such as botanicals and dietary supplements to ease pain. Natural substances include ginseng, ginkgo, fish oil, or Echinacea and may be available in different forms, such as a tea, aromatherapy oils, syrup, powder, tablet, or capsule. Body-Based Practices Body-based practices include chiropractic , body alignment techniques, osteopathic manipulation and different types of massage. Energy Therapies Energy therapies may help shift or unblock energy fields in the body. Is an alternative, complementary or integrative therapy right for you? To help you decide, consider the following points. If insurance coverage is important to you, be sure to check with your health insurance provider before you choose a CAM treatment to make sure the practitioner is covered. While there may be studies supporting a particular practice, the number of human participants is often small. For example, ginseng can raise blood pressure. Always tell your treating doctor about all the herbs, vitamins and supplements in any form that you take, especially if you are scheduled for a neck or back procedure eg, spinal injection, surgery. Doing so may help prevent a potentially serious drug interaction. Choose your alternative therapy practitioner with the same care and concern you would for a spine surgery or pain management specialist. Overview of Complementary and Alternative Medicine. Accessed July 12, Complementary, Alternative, or Integrative Health:

5: Alternative cancer treatments: 10 options to consider - Mayo Clinic

Many Americans use medical treatments that are not part of mainstream medicine. When you are using these types of care, it may be called complementary, integrative, or alternative medicine.

Pain is a common complaint among people who seek out such alternative treatments. The following alternative medicine therapies have been shown to help relieve pain symptoms.

Acupuncture Theories differ on how long acupuncture has been around, but this ancient Chinese healing art has been in use for at least 2,000 years.

Aromatherapy This pain management therapy uses scents from essential plant oils that are either applied to the skin or inhaled. Aromatherapy for health purposes dates back thousands of years, playing an important role in the medical systems of the Chinese, Indians, Egyptians, Romans, and Greeks. Today it is one of the alternative treatments used for a wide variety of conditions, including pain. Studies have shown a decrease in pain symptoms in people with rheumatoid arthritis, headaches, and cancer who use aromatherapy.

Biofeedback Biofeedback is a pain management technique that teaches the patient to consciously affect normally involuntary bodily functions, such as heart rate, muscle tension, and blood pressure. The idea is that by becoming aware of these functions, and specifically how they correlate to pain, you can adjust them in accordance with pain symptoms. Research is inconclusive as to why biofeedback helps decrease pain, but one theory is that it simply helps the patient relax, which in turn reduces physical symptoms that can be worsened by stress. Electromyography, or EMG, measures muscle tension and is the type of biofeedback that has been shown to be most helpful in pain management.

Chiropractors look at the relationship between the structure and function of the body in order to decrease pain. The main focus is the spine, and most chiropractic visits involve adjustments that are designed to realign the body to promote self-healing. Chiropractic has been shown to be effective for a variety of pain syndromes, including lower back pain, neck pain, carpal tunnel, headaches, and sports injuries.

Hypnotherapy This complementary and alternative approach is used to promote relaxation and induce an altered state of consciousness. The resulting psychological shift is intended to help people gain control over their states of awareness, which theoretically can help them gain control over their physical body, including their pain symptoms.

Massage Massage feels great, but it also is a time-tested healing method for various kinds of pain. Several clinical studies have shown massage to be an effective pain management therapy. A recent review of multiple trials concluded that massage is beneficial for chronic lower back pain.

Relaxation Therapy It is well documented that stress can worsen, or even cause, disease and pain is no exception. Over time, this can wreak havoc on our internal organs and musculoskeletal systems. A variety of relaxation techniques, including guided imagery, progressive muscle relaxation, and meditation, are used in medical settings to counteract these negative effects of stress. Studies have shown that patients who undergo relaxation therapy can experience a reduction in pain symptoms.

Tai Chi Tai chi originated in China and is often referred to as a moving meditation. Practitioners of tai chi conduct a series of slow, gentle movements that are coordinated with deep breathing. This ancient martial art can be beneficial for emotional and physical ailments, including chronic pain. Tai chi is often prescribed as a complementary therapy to traditional pain management treatments such as medications, but it also is thought to provide preventive benefits against pain.

6: Integrative medicine: Alternative becomes mainstream - Mayo Clinic

Of alternative treatments used for general health, mainstream vitamins and minerals were the most widely used, with 73 percent of respondents taking them. But 57 percent said they used dietary.

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.

7: National Psoriasis Foundation: Complementary/Alternative Therapies

Technically, "alternative" treatments are used in place of conventional medicine; when used alongside standard medical practices, alternative approaches are referred to as "complementary."

Below is a sample of some of the most common CAM treatments. Acupuncture Acupuncture , an ancient Chinese practice, uses fine needles—about the width of a strand of hair—that are inserted into various "acupuncture points" on the body to treat your pain. These needles aid in the healing process and can provide significant pain relief for people who have regular acupuncture sessions. Acupuncture works to restore a healthy flow of an energy force called Chi also known as Qi. To learn more about your specific condition causing your pain and the herbal remedies that can help alleviate it, you can research herbal remedies online. Check out the list of herbal remedies on the National Center for Complementary and Integrative Health website. Or, talk to an experienced doctor who is knowledgeable about herbal remedies. And primrose and ginger may help ease chronic muscle pain associated with fibromyalgia. But be careful when taking herbal remedies—some herbal remedies may interfere with prescription medications. Massage Is it true that you can really rub away your pain with a massage? Many people with chronic pain turn to massage to ease their pain, reduce stress, and decrease anxiety and depression. Massage therapists use their fingers and hands to press and manipulate your muscles and soft tissues. There are many massage techniques, but find the one that works for you: You may prefer a deep tissue massage to a hot stone massage, for example. In general, massage is an excellent and effective way to relax your body, while relieving muscle inflammation and pain. Mind-Body Techniques The mind is a very powerful thing, and mind-body techniques can help you learn how to cope with your pain and other symptoms. Eight percent 18 million of adults reported using meditation in Meditation also appears to have increased in popularity amongst children, where 1. There are many forms of meditation, like Mantra meditation, Mindfulness meditation, Transcendental meditation, and so on. The practice has become more common outside of its religious context, though, as past studies have found it helps manage chronic pain, improve mood, reduce stress, and even treat anxiety disorders. Meditation is one type of mind-body technique that helps you manage stress by clearing your mind and focusing on what signals your body is sending you. Taking a couple of minutes each day to sit back and reflect can bring you an overall sense of well-being and inner peace. Yoga As noted, yoga surged in its popularity over the last decade. Yoga also seems to have become more prevalent amongst US children. Besides reducing stress and improving fitness, the practice has been shown to reduce discomfort in people suffering from low back pain and even improve the quality of life in cancer survivors. Another beneficial mind-body technique—yoga teaches you that your breath is the bridge that links your mind and body. Using inhalation and exhalation properly with certain poses called asanas, you can achieve a deep sense of relaxation, not to mention flexibility and strength. Measurements and feedback of brainwaves, heart function, breathing, muscle activity, and skin temperature, supports key physiological changes. Biofeedback can often be as simple as having your weight measured or your blood pressure taken. When combined with changes in thinking, emotions, and behavior, biofeedback can allow users to improve the health and function of their mental health and overall well being. Remember, you may have to try several CAM treatments—or perhaps a blend of CAM treatments—to figure out which one s will work best to alleviate your pain and other symptoms. What you need to know. National Center for Complementary and Integrative Health. Accessed February 19, Trends in the use of complementary health approaches among adults: National health statistics reports; no National Center for Health Statistics. Use of complementary health approaches among children aged years in the United States: National Health Interview Survey, Effect of short-term intensive yoga program on pain, functional disability, spinal flexibility in chronic low back pain: A randomized control study. The Journal of Alternative and Complementary Medicine. Ross A, Thomas S. The health benefits of yoga and exercise: A review of comparison studies. A pilot study of yoga for breast cancer survivors: Physical and psychological benefits.

8: Cancer Tutor | Integrative and Natural Cancer Research, Treatments, and Clinics

Complementary and alternative medicine, or CAM, is a category of medicine that includes a variety of treatment approaches that fall outside the realm of conventional medicine. An increasing amount.

You might also like these other newsletters: Please enter a valid email address Sign up Oops! Please enter a valid email address Oops! Please select a newsletter We respect your privacy. Complementary and alternative medicine, or CAM, is a category of medicine that includes a variety of treatment approaches that fall outside the realm of conventional medicine. An increasing amount of research is being done to establish the safety and efficacy of alternative medicine. But compared with traditional "Western" therapies such as drugs, research on alternative medicine is still limited. Complementary and Alternative Medicine: It is important to understand the difference between complementary medicine and alternative medicine – the two approaches are often lumped together but are, in fact, distinct. Complementary medicine refers to healing practices and products that work in conjunction with traditional medicine. For example, a cancer patient receiving chemotherapy may also undergo acupuncture to help manage chemo side effects like nausea and vomiting. Alternative medicine differs in that it is not used as a complement to, but rather as a substitute for traditional therapy. An example would be a cancer patient who forgoes recommended chemotherapy and instead chooses to treat the disease with specific dietary changes. There is a third category that also often gets lumped in with conventional and alternative medicine – integrative medicine. Integrative medicine draws from both complementary medicine and alternative medicine and combines these with traditional Western therapies, says Donald Abrams, MD, director of clinical programs for the Osher Center for Integrative Medicine at the University of California, San Francisco. The survey, which gathered information from more than 20, adults and nearly 10, children, found that about 40 percent of adults and 12 percent of children use some form of complementary and alternative medicine. Women, people ages 40 to 60, and adults with higher levels of education and income tended to use complementary and alternative therapies more frequently. There have been considerable increases in the number of people using common forms of complementary and alternative medicine, such as yoga, meditation, acupuncture, and massage therapy. What Are the Categories? Examples include meditation and various therapies expressed through art and music. This category refers to complete systems of medical theory and practice, many of which go back thousands of years and have roots in non-Western cultures. Examples include traditional Chinese medicine and Ayurveda, a therapy that originated in India. Whole medical systems from the West include homeopathy and naturopathy. Manipulative and body-based practices. Relying on the physical manipulation of the body, this practice is intended to improve specific symptoms and overall health. Examples of these practices include chiropractic and osteopathy. This form of alternative medicine uses energy fields to promote healing. Biofield therapies affect energy fields that are said to encircle the human body – forms include Reiki and qi gong. Bioelectromagnetic-based therapies, such as magnet therapy, involve the manipulation of electromagnetic fields. Since the focus is on herbs, nutrition, and vitamins, dietary supplements and herbal medicine are perhaps the most common forms of biologically based complementary and alternative medicine. A growing interest in these kinds of therapies is leading to more research, but many of these biologically based practices have yet to be thoroughly tested. If you are considering using complementary or alternative therapy, make sure you consult with your regular doctor and do some research before your first session.

9: Complementary and Integrative Medicine: MedlinePlus

Alternative Treatments Share or Print this page A growing number of herbal remedies, dietary supplements and "medical foods" are promoted as memory enhancers or treatments to delay or prevent Alzheimer's disease and related dementias.

Practice relaxation techniques
Meditation Taking time to clear your head can do wonders. Successful meditation can help you better understand the source of your anxiety and possibly overcome it. Meditation relaxes the body and may help in the treatment of phobias and panic disorder. One way to meditate is to sit still in a quiet place and focus on nothing but the task of breathing deeply. When another thought tries to enter your mind, acknowledge it, and then let it go. This can help to keep you calm. Try sitting down with your back straight. Then, breathe deeply, inhaling through your nose from your abdomen and try to get as much air into your lungs as possible. This will help bring more oxygen into your body, which will help you feel less tense, short of breath, and anxious. Once your lungs are full, slowly exhale through your mouth and repeat as needed.
Yoga Yoga combines breathing techniques, meditation, and stretching through both moving and stationary postures. According to the Anxiety and Depression Association of America ADAA , yoga is one of the top 10 alternative practices used to treat a variety of disorders, including anxiety and depression. When practiced regularly, it becomes easier to achieve the relaxed feeling you get from yoga into your daily life. Try signing up for a class or private lessons to help ensure you move through the poses correctly to avoid injury.
Acupuncture Acupuncture is a traditional Chinese treatment for anxiety, depression, and other health conditions. During acupuncture, a practitioner sticks thin, sharp needles into the upper layers of skin at points of the body that correspond with different organs.
Supplements Studies continue to examine the effects of herbal remedies to treat mild to moderate anxiety. You should be aware of the potential risks and benefits of herbal remedies. Nutritional supplements and herbs used to relieve anxiety include the following: Vitamin B is a vitamin that plays a key role in the nervous system and can reduce feeling of anxiety. Chamomile in tea can have a soothing, anti-anxiety effect. Kava root is a supplement that can reduce anxiety but can also cause severe side effects, including liver damage. Inositol is a type of carbohydrate used as a supplement. It can reduce feelings of anxiety. Valerian is a supplement made from the root of a pink flower called *Valeriana officinalis*. It can help reduce anxiety and sleep problems. L-theanine is an amino acid found naturally in green and black tea, as well as mushrooms. Always check with your doctor before taking any of these supplements. Some can have dangerous side effects. For example, kava has been associated with liver problems. It can also interact dangerously with medications that are metabolized by the liver. Valerian often causes headaches and upset stomachs and may not be safe to take during pregnancy. This will help minimize potential complications. If your goal is to feel better, incorporating these practices into your treatment plan can be very helpful. Medically reviewed by Timothy J.

Business law allison prentice 16th edition Materials research engineer resume Dont be promiscuous The outlines of a speech to be delivered on the hustings at the next general election for the province of Taxation for decision makers 2018 chapter 3 How the Ladies Stopped the Wind A Handbook To The Public Picture Galleries Of Europe Comanche Moon (Cunningham, Chet. Pony Soldiers.) The words begin to pour The Writers Workbook (National League for Nursing) Training at home to be a locksmith John a rice mathematical statistics and data analysis The Historical Jesus, and The Mythical Christ Triple bunk bed plans XVII The Great Plague A History of the Theories of Production and Distribution in English Political Economy from 1776 to 1848 (The Case of the Silent Partner (Perry Mason Mysteries (Fawcett Books)) Playwrights progress Practical neurology 5th edition ebook Day 1: all ears to the Father Richard Foster Caribbean security on the eve of the 21st century A Search for Serenity Canada, aid, and peacemaking in Southern Africa Linda Freeman Manual for enterprise privatization in the Republic of Serbia Stasis and change in revolutionary elites For people and the planet Problems and materials on commercial law II The Labyrinth of Minos Einstein relativity the special and general theory Alma on the Mississippi, 1848-1932 Statistical regression with measurement error Trg, Understanding Law Enforcement Custom gunstock carving International Baccalaureate Diploma Programme The Fifth Musketeer! Designing enterprise client/server systems Outlanders, Volume 8 Hot Whispers of an Irishman Genetic Information Nondiscrimination Act of 2007 Damages, interest, and costs