

Alternative Medicine: The Ins and Outs of Non-Traditional Healing

Table of Contents

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ALTERNATIVE MEDICINE: THE INS AND OUTS OF NON-TRADITIONAL HEALING	1
INTRODUCTION.....	3
CHAPTER 1	4
ALTERNATIVE MEDICINE & ITS HISTORY	4
CHAPTER 2	10
ALTERNATIVE TREATMENT OPTIONS	10
CHAPTER 3	22
OVERALL TREATMENT PLANS & ADDITIONAL TIPS	22

Introduction

Traditionally, the first response for Americans to any type of medical issue is conventional medicine. There is, however, another option. Alternative medicine is sometimes considered the oldest medicine in the world.

Alternative medicine envelops the concept of seeking out non-traditional ways to deal with day-to-day health issues. This type of medicine looks beyond taking medication.

People look to use alternative medicine for two main reasons. The first is because of the idea that taking medications can potentially lead to unhealthy results such as dependencies and side effects. The second is because of the natural curiosity of man to find better methods to heal.

Alternative medicine encompasses many different therapies, such as hypnosis, color therapy, yoga, meditation, herbal remedies, vitamin therapy, and many more.

The main focus of alternative medicine is that life is a combination of parts that includes more than the treatment of disease. There is a definite focus on living life well, happily, and with purpose. It is believed that this is an essential part of healthy living.

This guide will explore the many different components of alternative medicine, and how it can help you. Consider using the ideas captured here next time you feel ill to begin feeling better naturally.

Chapter 1

Alternative Medicine & Its History

Treatments Beyond Conventional

When most people get sick, they look to conventional methods of medical treatment for relief and healing. There are alternative methods to treatment that are becoming increasingly popular.

What treatments are considered “conventional?” Prescription medication, traditional surgery, and computerized scientific testing are three examples of conventional medicine. Most physicians support conventional medicine in their practices, so when seeing a doctor, it is highly likely you will be advised to follow conventional medical advice.

The decision to use conventional medicine should be made by the patient and doctor on a case by case basis. An alteration to the type of treatment is sometimes all that is needed to feel better.

Alternative treatments include:

- Herbal remedies
- Massage
- Meditation
- Acupuncture
- Many more!

Patients will often find themselves turning to alternative methods of treatment when conventional methods are ineffective or a medical problem has been

Alternative Medicine

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