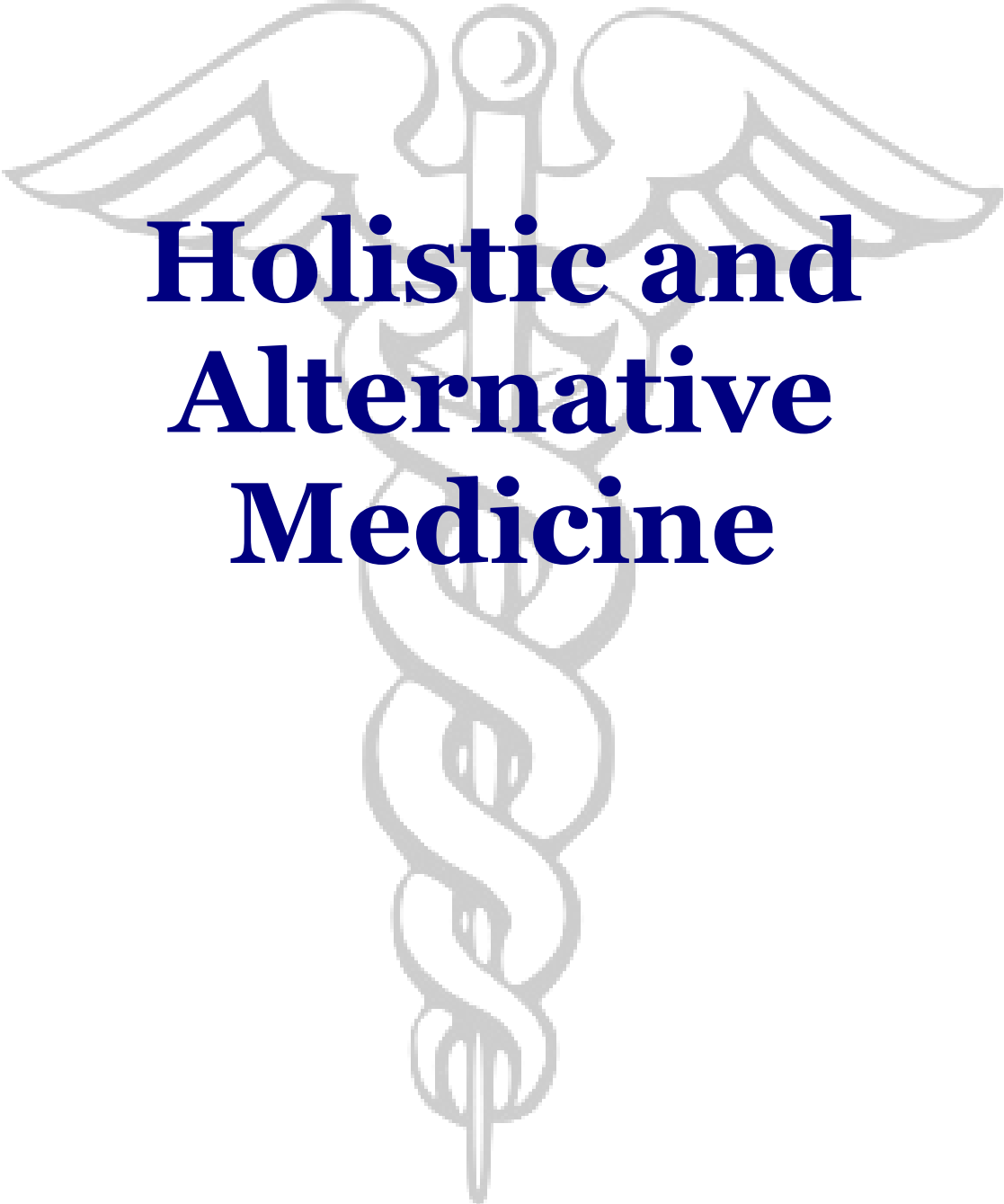




Holistic and Alternative Medicine

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No tips in this document should be considered medical advice. Seek the help of a professional healthcare provider before making any decisions concerning your health.

Chapter List:

1. General Holistic Health Tips
2. Vitamins and Herbs
3. Natural Food Choices
4. Skin Remedies



General Holistic Health Tips

1. **Improve your posture.** It is important to keep your spine as straight as possible, so that your muscles do not strain and contract unnecessarily. Also, in order to keep energy circulating throughout your body, it is important to keep your spine straight and nerves unhindered.
2. **Consider “trigger point massage” for pain relief.** If you are plagued by continuous pain and conventional pain medicines are not working to help eliminate it, consider this special type of massage. It will help to not only ease the pain – but to eliminate its source as well.
3. **Try acupuncture.** Acupuncture is type of holistic/alternative medicine that has been commonly practiced in the eastern part of the world for thousands of years. Five thousand years ago, the intention of acupuncture was to prolong life. With many alternative medical techniques, the intention is to prevent rather than to cure a specific or general ailment. The oldest recorded practice of acupuncture was over 5,000 years ago. Basically, acupuncture is used to stimulate the nerves in the body and as a result positively affect all of the other bodily systems.
4. **Try Reiki healing.** Reiki is a healing art that uses the body’s energy to begin and further the healing process. It is performed by using one’s hands to follow a specific pattern of massage, in order to stimulate energy movement throughout the body. There are many Reiki healers who are specially trained to perform the healing massage, or you can read about it or take a class to become a proficient Reiki healer yourself.
5. **Consider a complete body cleansing.** There are many different products on the market today that can help you to eliminate toxins from the body and increase the efficiency and overall health of your body. A complete cleanse will remove toxins and other harmful matter from your kidneys, liver and intestines. Generally how they work is you follow a strict dietary regimen for a few weeks while the cleansing process occurs. Most people who try this agree that it makes them feel healthier and they often report a fair amount of weight loss after the process is complete.
6. **Try to avoid television.** Believe it or not, television actually induces negative feelings in most viewers as a result of the commonplace violence and gossip. Television viewing is not nearly as relaxing as some people claim. Try giving up your television shows for a week, replacing them with other activities. You will most likely find that you are better rested, happier and less stressed at the end of that week.

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