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How to use Alternative Medicine in the 21st Century Pt 1

Dr. Rebecca L. Burkett

ABSTRACT

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Author: Doctorate of Natural Medicine Online, IBEM College, USA.

I. INTRODUCTION

Natural medicines that help relieve a patient's illness. The reasons to use CAM are the mind for mental health and the body and spirit for calm. This type of treatment can also be used in modern medicine.

1.1 How to use Alternative and Natural Medicine in the 21st Century

The first type of therapy is the Complementary Alternative Medicine (CAM). It has been told that it is the modalities that help in the healing. They are known as natural medicines that help relieve a patient's illness. The reasons to use CAM are the mind for mental health and the body and spirit for calm. This type of treatment can also be used in modern medicine. Honestly, the way to use this

treatment is to ask your healthcare providers which would be the right course of action to take. Naturopathy uses no medication and so the appropriate treatment of the mind, body, and spirit. Second, in allopathy here in this area of medicine, the doctors actually prescribe medications to deal with the patient's illness. Third is Acupuncture is the insertion of needles into the affected areas of the patient body. It is the main goal is to alleviate any pain or discomfort. In acupressure the practitioner uses their fingers to adjust the area of the patient's body to balance and levels of energy in the body. Also, to treat pain. Fourth is Aromatherapy uses essential oils that are highly concentrated extracts from the roots, leaves, seeds, or blossoms of plants, to promote healing. Its sole purpose is to manage pain. Alleviate stress levels, soothe, and relaxation. Ayurveda is a modality that originated in India. Practitioners use a variety of techniques, including herbs, massage, and specialized diets, with the intent of balancing the body, mind, and spirit to promote overall wellness. The main goal is to provide a patient who needs help with the change of lifestyle interventions. It also provides a balance of the mind, body, and spirit. Esoteric Science or Energy medicine is the subtle change of a person's energy and increased spiritual development.

Table 1: Types of CAM Therapies used in MS

Alternative Medicine Practice	Chinese Medicine, Ayurveda, Homeopathy
Bioelectromagnetics	Magnets, Electromagnetic field
Biofield Medicine	Therapeutic touch, Reiki
Biologically based	Diets, herbs, Vitamin, Bee Venom, hyperbaric oxygen, Homeopathic Supplements
Lifestyle and Disease Prevention	Exercise
Manipulative Systems	Chiropractic, Message, reflexology
Mind body Medicine	Relaxation, meditation, Biofeedback, Tai chi, Yoga, Prayer

Source: Bowling. Demos. 2001³

Complementary and Alternative Medicine (CAM)

- Meditation
- Hypnosis
- Guided Imagery
- Biofeedback
- Relaxation Therapy
- CBT
- Prayer and Spirituality
- Homeopathy
- TCM
- Bodywork and Movement Therapy
- Acupuncture
- Ayurvedic Medicine
- Physical Medicine
- Chiropractic Therapy
- Energy Medicine
- Dietary Medicine
- Herbal Medicine
- Massage Therapy
- Naturopathy
- Neural Therapy
- Magnet Therapy



Fig. 3: CAM Treatments

1.2 Using the Mind, body, and Spirit to Change the Person's Energy

Reiki Therapy

For example, Reiki is such a form of energy healing based on the idea that a “life force” energy

flows through everyone’s body. The Reiki technique is a non-contactless healing. The Practitioner will use their hands up and down the body to determine what is ailing the patient.



Fig. 4

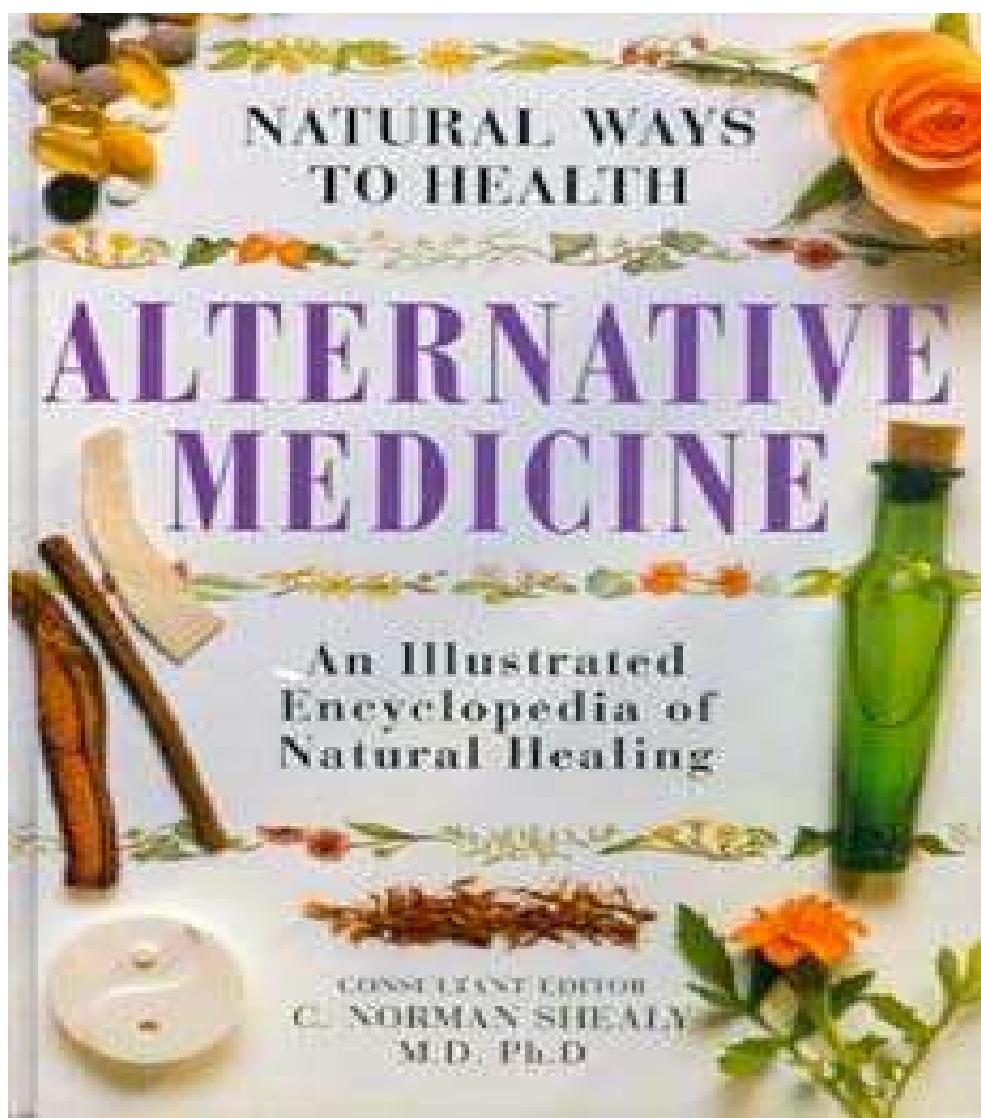


Fig. 5

Evidence-based CAM (EBCAM) therapies have shown remarkable success in treating diseases. It necessitates the integration of modern CAM (<https://pmc.ncbi.nlm.nih.gov>) Information sharing. Although a synergistic effect of interaction between the two systems works, large gaps in EBCAM still exist and are worth further studies to develop evidence for best CAM practices for the common goal of improving the health of people. However ongoing research has made some expansion in the field: 1.) Since there is no single definition of CAM that is accepted by all, multiple definitions of CAM are reported in different pieces of literature. 2.) Complementary and alternative medicine is defined according to the National Center for Complementary and Integrative Health (NCCIH) as “a group of diverse medical and health care systems, practices. 3.) Conventional medicine is defined by the National Cancer Institute (NCI) of the National Institutes of Health (NIH) as “a system in which health professionals who hold an MD or DO degree treat symptoms and diseases using drugs, radiation, or surgery”.

What are the different types of CAM?

Traditional alternative medicine. This field includes the more mainstream and accepted forms of therapy, such as acupuncture, homeopathy, and Oriental practices.

Body. Touch has been used in medicine since the early days of medical care. Healing by touch is based on the idea that illness or injury in one area of the body can affect all parts of the body. Other *touch healing areas*: chiropractic and osteopathic medicine, Massage, body movement therapies, Tai chi, Yoga

1.3 Chinese or TCM

Next, the modality is TCM also called Traditional Chinese Medicine. This type of medicine was developed during the 3rd Century B.C.E. The people used acupuncture and herbs to take care of illnesses. The earliest known record was from the Huangdi neijing, the Yellow Emperor Inner Classic. The TCM medicine is still in practice to this day. The Chinese healers used two distinct types of complementary forces: Yin (Passive) and

the Yang (Active). Its primary aim is to promote healing and balance in the body. These modalities have specialized areas that can be combined, for example, Acupuncture, Acupressure, moxibustion (Moxa treatment), and cupping therapy where hot glass cups are placed on the body that draws the blood vessels to the skin. The Chinese practitioner may use a combination of different herbal medicines. Another course in TCM is Meridian Energy, which consists of pathways or channels that allow energy to flow through the body. The science of Energy flows through our system along a pair of major vessels and a set of lesser meridians. There are twelve major vessels that are in major organs, except two areas in our brain and our eyes. The meridian system is a key concept of traditional Chinese medicine (TCM), an understanding of the energetic body shared by many countries in Southeast Asia. It is believed that energy the life force, prana, or qi (chi), flows throughout the body. Energy is free to move and transform- that can mean different things. If Qi becomes disrupted, halted, under/overactive, or otherwise compromised it can impair the flow of energy. If Qi is a universal force, then healthcare rooted in TCM principles should be accessible and affordable for everyone.

1.4 It's All About the Qi or Chi

In advocating for this perspective, the understanding of Qi becomes a tool for promoting health equity it aligns with the idea that the benefits and availability of TCM to a person should not be limited to a privileged few, but accessible to individuals from all walks of life. In this regard, poverty is the stagnation of qi. This can create and perpetuate illness, especially for children.¹ Chronic stress due to poverty can also affect health outcomes, quality of life, and longevity in adults as well.² The energy, or chi, moves throughout the body along these lines. Each line relates to a bodily organ and an emotion or set of emotions. We begin our coverage with the two major vessels, and then proceed to the twelve meridians following the order of tapping points from EFT (Emotional Freedom Techniques),

1.5 Understanding the (EFT) Emotional Freedom Techniques and the (TFT) Thought Field Therapy

EFT is the First Group, The Second Group of TFT and the third group is the (TTT) for Trauma Tapping Technique. TFT (Thought Field Therapy), and TTT (Trauma Tapping Technique).

We begin our coverage with the two major vessels, and then proceed to the twelve meridians following the order of tapping points from EFT (Emotional Freedom Techniques), TFT (Thought Field Therapy), and TTT (Trauma Tapping Technique)

1.6 Disclaimer and Safety Note

A disclaimer a practitioner should never tell a patient they should not go to their family doctor. Make sure the practitioner has the appropriate certifications in your state or country. Also, research to make sure you go through the energy or chi moves throughout the body along these lines. Each line relates to a bodily organ and an emotion or set of emotions. be used for life coaching and spiritual coaching. Any of these modalities can be combined to suit the patient's needs. Make sure the patient is not allergic to any ingredients of herbs and oils. Always assess before applying any herbal plants or Essential oils to a patient. A disclaimer for a practitioner should never tell a patient they should not go to their family doctor. Make sure the practitioner has the appropriate certifications in your state or country.

Also, research to make sure you go to the right practitioner that fits your needs. to the right practitioner that fits your needs. Any of these modalities can be combined to suit the patient's needs. Make sure the patient is not allergic to any ingredients of herbs and oils.

1.7 Study Cases

TCM Review. Com,

<https://tcmreview.com/wp-content/uploads/2019/01/TCM-Review-Cases-21-40-2018.pdf>

Guides.Lib.UV.EDU,

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II. CONCLUSION

Here is the hard information we need as doctors to ask ourselves. What's the difference between complementary and alternative medicine? Complementary and alternative medicine are often lumped under the acronym "CAM" because they both refer to the same types of practices. But the difference is in how these practices are used:

Complementary medicine: means these therapies are used in addition to mainstream medicine.

Alternative medicine: means these therapies are used instead of mainstream medicine, which can be dangerous and even deadly.

The terms used to be used interchangeably. But "alternative medicine" now has a very specific meaning that doesn't apply to the majority of people — and isn't supported by research-driven, science-believing healthcare providers.

Research

Very Well Mind.com

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<https://www.bing.com/images/search?q=Holistic+Alternative+Medicine&form=IARSLK&first=1>