

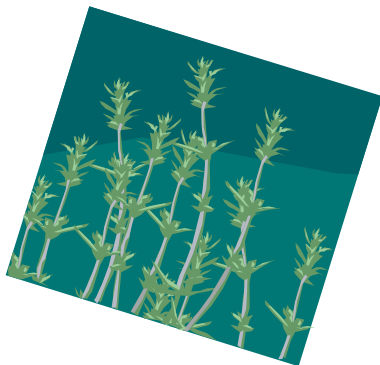
# UNDERSTANDING ALTERNATIVE MEDICINE



Most of us are familiar with **allopathic medicine** which deals mainly with treating or masking symptoms. This approach often does not get to the root cause of physical ailments.

**Herbal Remedies** are most effective when used as preventive maintenance. They do have the potential to be harmful if used improperly, and they can also interfere with prescription and over-the-counter drugs.

**Energy Medicine**, which cannot cause harm, is non-invasive and can be complementary to both allopathic and holistic medicine. Some examples of energy healing are Reiki, Quantum Touch, Emotional Freedom Technique and Reconnective Healing.



Holistic Medicine emphasizes treatment of the whole person to include mind, body and spirit.

## Other Alternative Medicine

- ◆ Professional Massage
- ◆ Chiropractics
- ◆ Homeopathy
- ◆ Yoga
- ◆ Tai Chi
- ◆ Aromatherapy
- ◆ Reflexology
- ◆ Acupuncture
- ◆ Traditional Chinese Medicine

### HELPFUL RESOURCES

<http://www.mercola.com>  
<http://www.newstarget.com/>  
<http://www.virginiahopkinshealthwatch.com/>



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