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**LIA Lifestyle Instruction Aid**

**abcde7. What is included in Complementary Alternative Medicine?**

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Modified March 6, 2008

Chiropractic care, the most commonly used and most scientifically proven form of Complementary Alternative Health Care, is very quickly becoming considered as mainstream health care necessary for a complete package of health services. Nutritional supplementation would be another popular form of CAM, but quite often supplementation is done without proper counselling.

We do not necessarily endorse all the options below as some of them have little research or questionable logic to back them up. This list is by no means complete and newer forms of alternative treatments are created all the time by various people with questionable motives, questionable credentials, and very questionable effectiveness. ESP and Prayer type of treatments for serious medical conditions should never be utilised exclusively. Well established well documented medical and chiropractic treatments should be relied upon as the mainstay of your health care plan.

Some of this data is taken from the Internet site:

<http://www.wellweb.com/ALTERN/overview.htm#part1>

Broadly speaking, included in complementary alternative medicine, are such practices as:

Acupuncture,  
Acupressure,  
Aromatherapy,  
Chiropractic, (Many places consider it to be mainstream now days.)

Chiropractic care is considered to be the most commonly used form of Alternative/Complementary medicine.

Scientific research now shows chiropractic spinal manipulations for CHRONIC neck and back pain, to be superior to acupuncture, with and without electricity, and superior to massage.

1. Tulder et al. in 1997 (Spine 1997; 22:2128-2156)
2. Giles and Mueller (JMPT 1999; 22(6):376-381)
3. Hoving, Koes et al. (Annals Int Med 2002; 136:713-722)
4. Evans, Bonfort et al. (Spine 2002; 27(21):2383-2389)

Colour therapy,  
Homeopathy,  
Intuitional diagnosis/healing,  
Massage,  
Music/sound as therapy,  
Naturopathy,  
Nutritional healing (orthomolecular medicine),  
Oxygen therapy,  
Therapeutic touch.

Body movement therapies include

Yoga,  
Tai Chi,  
Chi Gong.

Mind/body/spirit therapies include

Meditation,  
Hypnotherapy, and  
Prayer.

Diet, Nutrition, and Lifestyles include

Macrobiotics,  
Megavitamins,  
Diets,  
Nutritional Supplements,  
Such changes in lifestyle as,  
Exercise and  
Breathing patterns.

Traditional and Ethnomedicine includes

Acupuncture,  
Traditional Chinese Medicine,  
Homeopathy,  
Native American Medicine,  
Natural Products,  
Ayurveda,  
Tibetan Medicine,  
Herbal Medicine,  
Past-life Therapy, and  
Shamanism.

Bioelectromagnetic Applications Include

Electromagnetic Fields,  
Electrostimulation and  
Neuro-magnetic Stimulation,

Magnetoiresonance Spectroscopy,  
Blue Light Treatment and artificial lighting.

Mind/body Control includes  
Art Therapy and Relaxation,  
Biofeedback,  
Sound/music Therapy,  
Counseling and prayer,  
Guided Imagery,  
Hypnotherapy,  
Yoga,  
Meditation, and  
Humor Therapy.

Structural and Energetic Therapies include  
Acupressure,  
Chiropractic Medicine,  
Rolfing,  
Alexander Technique,  
Massage Therapy,  
Reflexology,  
Therapeutic Touch,  
Aromatherapy.

Pharmacological and Biological Treatments include  
Anti-oxidizing Agents,  
Cell Treatment,  
Naturopathy,  
Oxidizing Agents,  
Metabolic Therapy,  
Chelation Therapy.

Relaxation techniques encompass several methods including  
Meditation,  
Deep relaxation,  
Biofeedback,  
Yoga and  
Deep breathing exercises.

These relaxation techniques generally keep the patient focussed on the current moment. Studies have found that these techniques can help people decrease their heart and respiratory rates, and create relaxing brain waves. They are often recommended for reducing stress.