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abcde9. Some Alternative Health Care Ideas

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Do you have daily pain? Are you at the desperate stage where constant pain is getting you down and taking away your freedom? Is pain making you look older than you really are, taking away your good looks and sapping your personality? Some forms of alternative or complementary health care may help you.

Chiropractic care is the most common form of alternative or complimentary health care used in North America. Some chiropractors combine several forms of alternative/complementary procedures in their treatments because they work well together. It is clear that the popularity of alternative forms of health care is growing. Statistics in the United States indicate that there are more visits to alternative care providers than medical doctors. Feeling good and being happy with their care are prime concerns of a lot of people and chiropractors deliver on that.

Using food as therapy to help reduce pain is more recent and showing much promise. The Pain Relief Diet is a form of self therapy that may offer a measure of relief, particularly if a person happens to have genetics that react against any of the common foods on the Pain Relief Diet avoid list.

TENS is a well known form of electric current known to help reduce pain. TENS stands for Transcutaneous Electrical Nerve Stimulation. Transcutaneous means through the unbroken skin. This is a fairly safe form of electrical stimulation. Passing current through two people at once is quite a novel way of delivering this form of therapy. Patients find it easy to take and the doctor can feel the current as well, so can control the strength more effectively.

Combining all these types of therapy with the chiropractic adjustments of the spine, makes patients feel very good. People who do not wish to have spinal adjustments/manipulations can benefit by other treatments to receive some measure of help.

Research is fairly clear now on the benefits of chiropractic care. Millions of people are helped by chiropractors every day. We are coming to the point where it is necessary to have a chiropractor on your health care team.