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Complementary Alternative Medicine and Human Rights

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Like told in all writings and texts, reward science is the way to describe and understand life and lifestyle. Alternative medicines like all wellbeing traditions focus about right rules to live to choose the lifestyle to follow and to act in the good way. For this reason even nowadays alternative medicines can help understanding better rules to save world and improve life quality for all living beings CAM is the lifestyle basis to live in the good right way, they see life and they confirm what is the best specific way to improve and live according to all needs. For this reason, since CAM is the traditional science and knowledge that contributes to human life needs, this means also that to improve human life quality needs and to keep stability in Universe energy essences, we have to follow lifestyle suggestions and good ideas for humans lives on the planet. Reward science is the synthesis to describe how bad and good are real facts, so to prove it according to CAM, the ideal lifestyle has to be realized in practice.

The Complementary Alternative Medicine can improve human health by following points:

- 1 Daily Diet should be 1900 kcal per human per day.
- 2 Fitness for the day: "Dora guideline law rule"
3. Rest and work must be balanced.
4. Early marriage is one of the important factor for good health (Should not exceed 25 years).
5. Maintaining proper sleep at right time.

Alternative medicines, oriental traditions and integrated strategies are basic need for good health. Alternative medicine has grown in popularity and is used by a significant percentage of the population in many countries. Complementary Alternative Medicine is now a new way to make health better and good fitness..

Biography

Dora Dragoni has completed her Medical Doctor degree from University of Bologna. Now, she is Acupuncture Fellow MD at AMAB (MDs Acupuncturists Association), in Bologna. She is Medical Doctor, Personal Trainer, and Nutritionist. She has published 10 articles, some of which collected in a book "REWARD7", about reward system, health, wellness, metabolism, fitness, and neuroscience.. She has published many peer reviewed research papers in different Journals.

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