

Alternative Medicine Health Care

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Commentary

Alternative health care services are health treatments that are not typically provided in a traditional Western medicine practice. There are a wide range in practices, but typically these services focus on creating health through balance between mind, body, spirit, and environment. Examples of complementary medicine include: Alternative health approaches such as traditional Chinese medicine, homeopathy, and naturopathy. Mind and body practices like acupuncture, massage therapy, and Tai chi. Natural products like herbs, dietary supplements, and probiotics. Alternative medicine is a term that describes medical treatments that are used instead of traditional (mainstream) therapies. Some people also refer to it as integrative or complementary medicine.

More than half of adults in the United States say they use some form of alternative medicine. Integrative medicine practitioners include professionals of many disciplines—medical doctors, nurse practitioners, doctors of osteopathic medicine, naturopaths, chiropractors, mental health professionals, mind-body specialists, massage therapists, and practitioners of complementary therapies such as reiki. Integrative medicine, which encompasses a broad spectrum of medical treatment methods and care systems, has developed into a distinct medical specialty as more and more physicians have embraced it as an approach to patient care, and as the public has become educated about its foundational concepts. Functional medicine doctors have gone through traditional medical school training. They may then choose to get additional certification from an organization such as The Institute for Functional Medicine.

Doctors then apply functional medicine teachings to their original field of

practice Holistic medicine is a whole-body approach to healthcare. Other holistic practitioners are not real medical doctors. They may be called doctor in their field, but they aren't licensed to practice medicine. Examples of alternative practices include homeopathy, traditional medicine, chiropractic, and acupuncture. Complementary medicine is different from alternative medicine. Whereas complementary medicine is used together with conventional medicine, alternative medicine is used in place of conventional medicine.

In general, holistic medicine isn't meant to be used in place of traditional medical care. The integrative approach also refers to the infusion of a person's personality and needs integrating the affective, behavioral, cognitive, and physiological systems within one person, as well as addressing social and spiritual aspects. Integrative medicine is healing-oriented rather than disease-focused. It promotes the combination of mind, body and spirit to regain the body's natural equilibrium to achieve health.

Integrative Health Care (IHC) practices are an approach to care that has emerged in response to a number of factors including patient demand for complementary therapies, their use of complementary and conventional treatments simultaneously, challenges associated with chronic disease management, and increasing. Integrative medicine centers undermine evidence-based medical practice and education. They promote unsound and potentially hazardous therapies and provide flawed curricula to health care students and graduate physicians in training. Acupuncture, chiropractic care and massage therapy have one thing in common they may not be covered by insurance. It may be called complementary and alternative medicine, integrative medicine, functional medicine or holistic medicine.

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