

# Editorial Note on Complementary Therapy and Medicine

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## Editorial Note

Complementary therapies are used alongside conventional medicines or treatments. Alternative therapies are used instead of conventional medicines or treatments. There is no scientific or medical evidence for some complementary therapies and many alternative therapies. They may be unsafe or cause harmful side effects. 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.

Reflexology and body massage are most popular complementary therapies survey finds. A survey conducted by Professional Association the FHT, has found that reflexology and body massage are the two most popular complementary therapies demanded by clients, with aromatherapy coming in third. A complementary therapy means you can use it alongside your conventional medical treatment. It may help you to feel better and cope better with your cancer and treatment. An alternative therapy is generally used instead of conventional medical treatment.

Many complementary therapies concentrate on relaxation and reducing stress. They might help to calm your emotions, relieve anxiety, and increase your general sense of health and wellbeing. Many doctors, cancer nurses and researchers are interested in the idea that positive emotions can improve your

health. The goal of complementary medicine is to balance the whole person physically, mentally, and emotionally while conventional medicine does its work. For many people diagnosed with breast cancer, complementary medicine has helped to: relieve symptoms ease treatment side effects. Traditional alternative medicine: This field includes the more mainstream and accepted forms of therapy, such as acupuncture, homeopathy, and Oriental practices. These therapies have been practiced for centuries worldwide.

The disadvantages of CAM therapies include the lack of standardization of either the practice or the dispensing of the therapies and techniques. In addition, for many of these modalities, no standard format exists to ensure that practitioners are adequately trained in the techniques they use. Non-traditional therapy can include yoga, meditation, music therapy, art therapy, adventure therapy, and more. Non-traditional therapy also referred to as complementary or alternative medicine is not intended to replace traditional treatment.

Complementary medicine focuses on the interactions between your mind, your body, and your behavior. Research has shown that your emotional state, both good and not so good, affects your immune system's ability to fight off disease. Yoga is a healing system of theory and practice; it's a combination of breathing exercises, physical postures, and meditation, practiced for over 5,000 years. People use complementary and alternative medicine because they wish to use treatments that are more natural and help them feel more in control. They have persistent pain. They have concerns about the side-effects of medication.

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