INTEGRATIVE MEDICINE TREATMENTS

There are a number of different treatments used in the process of integrative medicine. These treatments may not be scientifically proven, but they are used in conjunction with proved medicines to heal a person’s entire body – physically, mentally, emotionally and spiritually.

* **Acupuncture**. The Chinese art of acupuncture aims to achieve a balance in the body between the flow of blood and energy. This is also known as homeostasis. Thin needles are inserted into the body to stimulate our healing energies, and help our whole bodies heal.
* **Meditation and creative outlets**. Meditation focuses on the relaxation of the body, which increases our overall health and wellbeing. It helps us overcome mental stresses and pressures which may inhibit our body’s ability to heal. Creative outlets such as music, dance or art can also help relax our bodies and minds.
* **Dietary and herbal supplements**. These supplements are not intended to replace a regular diet, and only serve to add to, or supplement it. They contain ingredients such as vitamins, minerals and herbs. Supplements help keep our bodies healthy and in balance.
* **Osteopathic manipulation**. This treatment involves a physician massaging a person’s muscles and joints. They will stretch or apply gentle pressure to your body, which helps our bodies heal and assists in increasing our mobility. In the recovery from a stroke, osteopathic manipulation helps the body’s muscles heal.
* **Bioelectromagnetic therapy**. Bioelectromagnetic therapy, or BT, helps our bodies heal and live longer through the application of electromagnetic fields. When a magnetic field is placed near human tissue, it induces electrical currents in our bodies, which is believed assists the body in healing, better blood flow, muscle relaxation and increased energy.

SOURCES:

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