

Persuasive Speech Outline

Attention Getter is italicized.

Transitions are bolded.

Sources are red.

1. Introduction: *To get started, I would like to ask a simple question... how many of you have heard of Holistic medicine? Has anyone here ever participated or used Holistic medicine?*
(wait for response)
 - Thesis: Well, when comparing traditional medication use with Holistic medicine, Holistic medicine is 100% the way to go.
 - **Dorothy M. Neddermeyer, who has a PhD in holistic health, states in a summary of holistic health care and statistics** quotes that **“If everyone knew they could prevent any disease with plant extracts, medicinal herbs, natural vitamins, minerals, and supplements, as well as having peace of mind-the pharmaceutical and medical industry would collapse overnight.”**
(go to second slide)
2. **Just to give some background information**, Holistic medicine, according to **WebMD’s article “What is Holistic Medicine?”** is “a form of healing that considers the whole person - body, mind, spirit, and emotions - in the quest for optimal health and wellness.” Essentially, proper balance in life can be achieved through natural remedies including fixed diet and sleep habits, reducing stress, and making lifestyle changes. **(go to third slide - blank)**
3. **Holistic medicine was first introduced to me through my Mom.** About a year ago, I began to experience some health issues. I would constantly be tired, to the point where I needed to take a nap everyday, I would always feel weak, and I would almost always get nauseous every time I ate. This really discouraged me because I was confused as to why someone my age was feeling like someone in their seventies. I had already tried several different antibiotics from traditional doctors after being misdiagnosed a few times, but none of them seemed to work.
 - a. **(go to fourth slide)** The article **“Conventional vs. Holistic Medicine” from longevity.com** lists a few cons involved with taking traditional medicine.
 - i. Many drugs come with a long list of side effects that can be much worse than the illness itself.
 - ii. People who don’t have a “textbook case” will not fit into the one-size-fits-all approach.
 - iii. Medicines do not take the body or mind into consideration.
4. **(go to fifth slide - blank)** Eventually, I made the decision to do something about it and went to an alternative health clinic where I was told that **I was allergic to the majority of foods I was eating, I had high amounts of metal in my body, and I lacked several forms of vitamins.**

- a. This basically told me that the doctors I had been going to were trying to put a label on something that could not have been labeled. That same [article from longevity.com](#) lists a couple pros for using alternative health.
 - i. Alternative health focuses on prevention as well as curing the illness.
 - ii. Takes the whole body into consideration.
- 5. **(go to sixth slide) In order to elaborate more on the pros,** there are plenty of advantages to alternative or Holistic health care.
 - a. In [a blogpost written in 2012 about the advantages of using alternative medicine from Apex Chiropractic & Wellness](#), the author argues that alternative health targets the actual cause of a disease or pain and focus on the root of the problem. However, mainstream medicine typically treats the symptoms of a disease rather than the disease itself.
 - b. Your quality of life will improve. Mainstream medicine will help pain, but it will quickly come back once the medicine is out of your system. With alternative health, the pain reduces over time on its own.
 - c. Natural remedies are much safer than using traditional mainstream medicine. None of these natural remedies are man-made or are include unnatural substances.
 - d. Mainstream medicine typically involve a lot of side effects. For example, to treat a headache, you can take a painkiller, but it's likely that you'll experience nausea, stroke risks, or even hallucinations. However, with alternative health, there are no side effects at all - so there is no need to worry about new health issues that may arise from trying to solve another health issue.
 - e. Alternative health is a lot more flexible. Lots of alternative health professionals update their treatment plans for you based off your lifestyle changes in order to constantly be doing what is best, but mainstream medicine would never feel the need to do that.
 - f. Alternative health also focuses on the body as a whole. Professionals allow their patients to receive treatment based off of their lifestyle. If you are feeling particularly stressed or sleep deprived, professionals will take that into account before beginning your treatment of other issues.
 - g. Lastly, there is no addiction or dependency involved in alternative health. Prescription pills may lead a patient to become addicted, but that does not exist when it comes to natural remedies.
- 6. **(go to seventh slide) In an interview with Dr. Deepak Chopra, a specialist in holistic healing,** he states that the five senses “literally shape the texture, rhythm, and form of our minds and our minds ultimately projects itself as the body... we have the most exquisite pharmacy in the body that makes all kinds of drugs - tranquilizers, antibiotics, anticancer drugs, heart pills, antihypertensives - you name it, the body makes it at the right time [with] precise dosage for the right target organ, no side-effects, it's free, and all the instructions are in the packaging.”
 - a. **He goes on to state that he helps activate and amplify his patients' own healing response.**
 - i. For example, on the topic of cancer - all of us are recovering from cancer every day. We produce 500 billion cells per day, and a small percentage of these are cancerous, so we always have cancer cells in our bodies, but the vast majority of us don't get cancer because we make the appropriate drugs inside us. We make

them all the time, leading us to constantly be recovering from cancer. If we amplify that a little bit through a variety of techniques, such as aromatherapy, massage therapy, etc., then the healing process becomes much quicker.

- ii. Dr. Chopra also states that he has treated people with heart disease and has gotten them off their usual medications and restored their blood flow to the heart. Many cancers do go spontaneously into regressions with holistic remedies as well, and patients with HIV do not have the expressions of HIV with these remedies. That is, they no longer experience the symptoms of the virus and are typically healthier than the average person walking down the street.
- iii. Overall, he states that “the basic premise is that we have a healing system inside of us and it can be amplified through a variety of non-pharmacological, non-materialistic approaches.”

7. **(go to eighth slide) So, holistic medicine is essentially the healing of the body through natural remedies involving taking vitamins, magnesium, probiotics, etc.** There are several advantages involved in using holistic remedies that lead to a longer, healthier, and overall happier life. These natural remedies have helped my entire family tremendously when it comes to health, as well as several hundreds of thousands of people across the world. I highly encourage you to look into more detail whenever your health is in question, because it will truly make a difference on your perspective of holistic medicine versus mainstream medicine.

Resources

“Dr Deepak Chopra Holistic Healing Interview.” *YouTube*, Raghunathan Srinivasan, 21 Apr. 2013,

www.youtube.com/watch?v=IXBgqh2kxt8.

Miccolis, Jacquelyn. “Conventional vs. Holistic Medicine.” *Longevity*, 19 July 2017,

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Neddermeyer, Dorothy M. “Holistic Health Care Facts and Statistics.” *Disabled World*, Disabled

World, 3 Mar. 2017, www.disabled-world.com/medical/alternative/holistic/care-statistics.php.

“What Advantages Do I Get When I Use Alternative Medicine?” *Boise Apex Chiropractic | Boise,*

Idaho, 9 June 2012,

www.boiseapexchiro.com/blog/what-advantages-do-i-get-when-i-use-alternative-medicine.

“What Is Holistic Medicine?” *WebMD*, WebMD,

www.webmd.com/balance/guide/what-is-holistic-medicine#1.