

Complementary and alternative medicine, which includes a range of practices outside of conventional medicine such as herbs, homeopathy, massage therapy, yoga, and acupuncture, hold increasing appeal for Americans. In fact, according to one estimate, 42% of Americans have used alternative therapies. In all age groups, the use of unconventional healthcare practices has steadily increased in the last 30 years, and the trend is likely to continue, although people born before 1945 are the least likely to turn to these therapies.

Why have so many patients turned to alternative therapies? Many are frustrated by the time constraints of managed care and alienated by conventional medicine's focus on technology. Others feel that a holistic approach to healthcare better reflects their beliefs and values. Others seek therapies that relieve symptoms associated with chronic disease; symptoms that mainstream medicine cannot treat.

Some alternative therapies have even crossed the line into mainstream medicine, as scientific investigation has confirmed their safety and efficacy. For example, physicians may currently prescribe acupuncture for pain management or to control the nausea associated with chemotherapy. Additionally, many U.S. medical schools teach courses in alternative therapies, and many health insurance companies offer some alternative medicine benefits

166 What is the main idea of this passage?

- a. Alternative medicine is now a big business in the United States with more Americans seeking it out than ever before.
- b. Today, it is not unusual for mainstream doctors to incorporate alternative therapies into their practice.
- c) Over the last few decades, alternative medicine has become more popular, accepted, and practiced in the United States.
- d) People are tired of conventional medicine's focus on technology.

167 According to the passage, which practice would not be defined as alternative medicine?

- a) pain management
- b) acupuncture
- c) taking herbal garlic supplements
- d) massage therapy

168

Based on the information given, what kind of person would be least likely to

seek out alternative medical treatment?

- a) a senior citizen suffering from chemotherapy-induced nausea
- b) a young woman suffering from chronic fatigue syndrome
- c) a 45-year-old man who believes that his body and mind must be treated together.
- d) a 25-year-old track star with chronic back pain

169 The passage indicates that alternative treatments are increasingly being used by mainstream medical professionals because

- a) more and more Americans are demanding alternative therapies.
- b) healthcare insurance companies are now providing some benefits for alternative medical treatments.
- c) they are frustrated by the time constraints of managed care.
- e) scientific studies are becoming available that prove their effectiveness and safety.