

Alternative Treatments

Contributed by Roberto Pranand
Tuesday, 20 June 2006
Last Updated Friday, 21 July 2006

Alternative treatments have become very popular for a number of health and medical conditions. Traditional medicine is not necessarily the appropriate choice for everyone, which is why naturopathic medicine and alternative treatments and therapies are available as well.

Consider something as common as a headache; for someone who suffers from headaches or migraines often, deciding to go with an all new alternative treatment instead of conventional medical therapy gives them the opportunity to treat their discomfort in a more natural way, without side effects common to most headache medicines and pain relievers. I don't know about you but I would rather choose visiting the massage therapist or chiropractor over taking such prescription drugs like Imitrex, which can produce a number of adverse reactions in some users. How do you know what alternative treatments are out there, and which ones are right for you? I don't know too many people who haven't heard of massage and aromatherapy, both of which are great alternative treatment therapies that help cleanse and rejuvenate your body from the inside out. Combining massage and aromatherapy offers the best of two popular alternative treatments. You can choose from a number of essential oils to enjoy during your massage; lavender and sage are traditionally cleansing and relaxation, while essence of citrus, especially mandarin orange is invigorating and energizing. For deep muscle pain, menthol or mint massage lotions provide great relief. And don't forget to drink plenty of water to flush those toxins out of your body. Massage therapy should be one of your regular alternative treatments, once you get past the initial awkwardness and are comfortable with your masseuse. In addition to massage and aromatherapy, other popular alternative treatments include acupressure, acupuncture, naturopathic medicines, biofeedback, oxygen therapy, music therapy, meditation, mind-body therapy, and chakra-gemstone therapy. Of course, the list of alternative treatments is much greater than the few that are listed here. Some alternative treatments are nothing more than quackery, so do your homework before you get caught up in some far-fetched scam that does nothing for you. You can research all about the different methods and make writings on which do you think is more effective. For the most part, alternative treatments have proven to be very beneficial according to people who have tried them and have had great results. We as a nation are fast becoming health and fitness enthusiasts who want more than what traditional Western medicine has to offer. Do your homework and choose what alternative treatment will best complement your fitness strategy & here's to your healthy mind, body, and spirit!