

# ALTERNATIVE MEDICINE

Today I am going to tell you something about alternative medicine. At the beginning I am going to present to you some basic facts about alternative medicine and then I am going to present some of the most common examples of it.

Alternative medicine is a kind of medicine practice which does not involve the use of drugs. It is based on unconventional belief systems and therefore differs from conventional medicine. In most cases, it does not follow generally accepted medical methods and does not have a scientific explanation for its effectiveness. Despite the fact that many of alternative treatments lack medical explanations, some have become widely accepted and practised.

Commonly cited examples of alternative medicine are herbalism, homeopathy, acupuncture, and yoga. A point to take into account here is that alternative medicine covers more than just these 4 examples. But I chose them as I assumed you are more or less already familiar with them.

The form of alternative medicine which has the longest tradition is herbalism. Herbalism can be also referred to as botanical medicine. It is based on the use of plants and plant extracts. These include aromatic substances that are useful to the maintenance of health in humans.

Another branch of alternative medicine is acupuncture. Acupuncture is the practice of inserting thin needles into specific body points to improve health and well-being. There are different types of acupuncture such as Classical Chinese, Japanese, and they are all practiced and taught throughout the world.

A form of alternative medicine which is gaining more and more supporters each day is yoga. Yoga is a set of mental and physical exercises that concentrate on breathing in order to achieve spiritual enlightenment. It is not only a way to relieve stress but also a way to improve your overall physical strength.

And last but not least form of alternative medicine is Nutritional medicine. This is a branch of alternative medicine which emphasises the importance of a healthy diet. Some nutrients are believed to have the ability to cure or at least treat mental or neurological diseases such as aggression, depression, autism.

Many people utilize mainstream medicine for diagnosis, but in some cases doctors are unable to find a solution to their problem and that's when they turn to other methods as alternative medicine.