

What is Alternative Medicine?

Many people are curious about their options to medical care. A growing number of people are turning to Alternative Medicine in the face of what they perceive as an increasingly inadequate medical health care system. In a recent study from the New England Journal of Medicine, over one third of those surveyed chose Alternative Medicine over conventional medical treatment.

Alternative Medicine, more properly called natural or holistic health care, emphasizes of the whole person. It recognizes that the vast majority of illness will get better on their own and health will usually arise spontaneously when the conditions for health exist. Treatment seeks to provide the building blocks and to remove the obstacles, encouraging and restoring balance to the body's own healing mechanisms.

The basic concepts of Alternative Medicine are, 1.) Treat the person, not the symptoms, 2.) The body has an inborn capacity to create and maintain health, 3.) The body needs regular prevention and upkeep, 4.) Your lifestyle is a major concern, 5.) Health is a balance of structural, chemical and emotional health, 6.) The individual must accept responsibility for their own healing, and 7.) Each person is unique and one treatment will not work for everyone.

Yours in health,

Dr. Rick

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