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Alternative Medicine - New Way to Lose Weight

By Nishanth Reddy

Weight loss is one of the big topics—no pun intended—on the late night television circuit. While flipping through the channels after 11p.m., you are likely to come across several advertisements for weight loss pills and diet supplements, each promising to assist you drop those unwanted pounds and remove stubborn belly fat once and for all.

Let's face it, if these pills really worked, America wouldn't be the top overweight country in the world.

There are types of alternative medicine, which can help with weight loss, however, and with great results. While no alternative medicine is a magic solution, practicing these principles can help you become more limber, feel more energetic, and the end result—or side effect if you will, is weight loss.

Take yoga for example. The low impact stretching involved with yoga will help you feel less stressed, and as a result less likely to over eat as a result of depression or anger. Acupuncture has exact pressure points in the ear which help reduce cravings, and detoxifying teas and herbs can help you feel healthier, and the side effect would be thinking twice before deciding that you want to "pollute" yourself again with oily and fatty foods. In this regard, alternative medicine is wonderful for loosing weight.

The majority alternative medicines for weight loss come in the form of detoxifying teas, energy supplements, and vitamins. The exercise and diet plans are the basis, as they should be, for safe and effective long-term weight loss. There is no magic potion to lose weight. In fact dropping pounds and keeping them off requires regular daily exercise and a change in eating habits, period.

However, to get you ready for weight loss, here are some alternative medicine detoxifying teas and interesting supplements.

Take turmeric, ginger, and lemon—about a half teaspoon each and the juice of half a lemon, and boil it all in 2 cups of water. Drink every morning as a detoxifier before you start your diet.

All diets should consist of fresh fruits and vegetables, and buying a juicer is a great way to make a

habit out of eating healthy. Please see your doctor before starting any kind of diet plan.

Visit your local food co op or herbalist, they can get you set up with all sorts of alternative teas and nutrition advice, and can refer you to a good homeopathic doctor who will evaluate you as to what your individual nutrition needs are.

Bovine and shark cartilage are two dietary supplements to hit the alternative market. Both have been used for years outside of the United States and Britain, but now are big business in the health food stores.

The most popular form of alternative medicine for weight loss isn't really medicine at all, rather behavior modification through hypnosis. Hypnosis doesn't make you rely on will power, that's one of the reasons it's so popular.

How hypnosis works is that it examines what is subconsciously holding you to the thinking and eating habits that keep you overweight. Hypnotists believe that if the root cause of the obesity can be alleviated, the patient will naturally begin to lose weight. It is actually a very efficient form of alternative medicine, and overall can cost much less than trips to day spas and expensive over the counter weight loss pills. Through hypnosis you can let go of fears that keep you from eating healthy, and begin to allow a positive energy flow through you, causing you to want to stick to the new way of eating and exercising.

Nishanth Reddy is an author and publisher of many health related websites. For more information on how to lose weight, Fitness and Wellness visit:

<http://www.fitness-wellness-guide.com>

How Should Alternative Medicine Be Defined

By Thomas DeReyna

There is still no strict definition on what alternative medicine really is. But presently, it borders on the broadness of description covered by what we know of as conventional or orthodox medicine. However, to define alternative medicine as we believe it to be, it may be a knowledge that is considered as unaccepted, untested and unscientific. All these were true if we are to look some years back. But since alternative medicine has been studied in the later years, employed by numberless institutions (such as spas and the likes) and accepted by many as cure to their ailments (even those that may be resolved through conventional medicine), this definition for alternative medicine may already be considered as obsolete.

On other terms, alternative medicines are practices that may be considered false that sometime go to the extent of quackery. However, this definition is much abused by several authorities that have their own systems of beliefs and other things to support to. Still others would define it as practices that may

not be tested, refuse to undergo tests and may continuously fail tests. On other peoples' view, this may be too unfair for those practicing the knowledge that comprise alternative medicine and too sweeping a statement since many have gained healing by means of alternative medicine.

This debate on the authenticity of alternative medicine is further made complicated by the number of practices that are labeled as alternative medicine, which has some truths in them. In actuality, alternative medicine covers procedures involving metaphysical principles, spiritual and religious underpinnings, new sets of healing approaches and non-European medicine practices. These are enough reasons why alternative medicine is much harder to accept in the West rather than in the East where most these practices originated. In addition to these, many proponents of alternative medicine contradict and many individual belief systems may reject others.

Furthermore, critics of alternative medicine may further define it as therapy, treatment and diagnosis that may be performed legally by unlicensed practitioners. Yet, a number of doctors and physicians find good uses of alternative medicine when combined with the conventional medicine when they are trying to hit the balance.

But there are more logical and unbiased definitions that are accepted by most. Many of which deal only on the safety and affectivity of the alternative medicine without the protection on economic interests, political views and turf protection. One such definition is that alternative medicine is a field of healing, therapy and diagnosis that are not based on controlled studies.

There are however some therapies that were once covered by alternative medicine that are now accepted within the medical community since they passed approval over their affectivity. On the opposite, there were medical practices that are now disregarded within the medical circles since there are no profound evidences that prove their efficiency in healing.

In reality, the term alternative medicine is quite misleading. Both critics and advocates of the said practices support this view. Some support the idea that Western medical practices are the alternative medicines since they were preceded by ancient practices, which is somewhat true. Others would claim that the term "alternative medicine" was only devised by advocates of conventional medicine to discredit the natural methods of healing.

Detractors on alternative medicine claim that it is not worth as being accepted by the medical circles since it lacks components that may be used to support its efficiency. Yet many assert that once alternative medicine is fully tested, then there would be great rooms for wide acceptance.

Thomas DeReyna is a freelance publisher based in Cupertino, California. He publishes articles and reports in various ezines and provides a news blog.

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