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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

The Definition Of Alternative Medicine

By Ken Snow

Have you ever suffered from a horrible headache when you thought the best remedy might be for someone to bash you over the head, or to pull your hair out? Then you might have some experience with alternative medicine!

In all seriousness, alternative medicine is not about hurting yourself, but involves investigating other potential methods to treat an ailment besides synthetic drugs. A good purpose for alternative medicine is to avoid developing a dependence on drugs of any type, which can supersede any medicinal or curing effects they might have. Searching for different ways of dealing with your physical or emotional issues or conditions can end up being better for you in the long run.

A great deal of alternative medicine treatments come from ancient medicinal knowledge and insight. Many different types of remedies used by different cultures through the years, including the use of needles for pain relief, herbs for medicinal treatments, or even massage therapy, are considered a form of medicine by the respective users because they work to some degree. However, many alternative treatments are unknown to the general public, as they are not in conformity with the mass marketed treatments and pharmaceuticals.

The definition of alternative medicine

There is really no one ultimate definition of alternative medicine. There are so many various methods and treatments that have been and continue to be investigated and promoted that it is hard to firmly define it.

Some of these alternative names to alternative medicine include holistic medicine, natural medicine, integrated medicine, and complementary medicine. They are all variations of the same idea, which is natural and alternative medicine. The design of alternative medicine is to ensure that all parts of a person's life and being are well and strong.

The point of view of the alternative medicine collective

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A standard of those who advocate alternative medicine is that health isn't only the absence of illness or disease. Alternative medicine works to ensure that one's purpose in life is sustained, because a person without a purpose is not able to achieve his fullest potential. There needs to be inspiration and motivation to allow life to be lived to its fullest.

It is thought that illness might not be the end of one's world. Infection is not the only cause of sickness. The mind has the power to change one's personality completely. Take the great warrior king Asoka, for example. He was so stirred by the death and devastation brought about by the Kalinga war that he became a Buddhist reformer. In this respect, illness has the capacity to bring about change, to make us better human beings. For that reason, alternative medicine strives to consider not only the physical health of a person, but also his personality and emotions in treating ailments and bringing about total well-being.

Sometimes, when you aren't feeling that great, it might be better to relax by listening to calming music,

taking a walk, or just thinking about life, rather than taking a pill to treat something momentarily. Discovering your purpose will give you a feeling of strength and the realization that life is worth living!

To learn more about alternative medicine and treatments visit

<http://www.alternativemedicinesecrets.info>

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,

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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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