

# Holistic And Alternative Health

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Holistic care means focusing not only on a specific sign or symptom, but working to treat the mind, body and spirit of any patient who is willing to seek answers for what ails them. Most holistic treatment options are based on nature, and include few chemicals that are foreign to the human body. Here are some ways that you can begin to integrate holistic medicine into your life: Holistic care treats the whole person, rather than just specific areas of the body. The primary difference between holistic care and conventional medicine is that holistic practitioners try to use naturally occurring substances to treat illnesses and disease instead of manufactured chemicals. Additionally, there is a focus on alternative therapies including chiropractic care, acupuncture, massage and even psychotherapy when appropriate. Here are some things that you might not realize about the many holistic techniques available today: Have you found yourself to be little more than a passive participant in your medical care? If so, you are definitely not alone. One alternative that will make you an active participant is holistic medicine. With holistic medicine, care is centered on the individual and not just the results of lab tests. The belief that medical care must depend on the individual often seems lost in the realm of medicine. By selecting holistic care, you are taking control of your medical care and will find that your overall well-being improves. Here are some approaches that set holistic medical care apart: Are you tired of your doctor telling you that the symptoms you are experiencing are just in your head? Well, it turns out that they could very well be right! This is not to say that every unexplained medical problem is an unresolved mental disorder. Instead, it is the idea that emotional issues can potentially lead to physical problems within the body. For this reason, the holistic approach includes treatments for both the mind and the body. Holistic medicine is not mystical, and it is not mysterious. In fact, holistic medicine is much more real than many people realize. In order to increase the positive effects of medical treatment, it is necessary that the treating practitioner get to know the patient as an individual. Observation and discovery can often uncover potential problems before they begin and help the practitioner to address any specific problems experienced by the patient. Here are some of the ways that holistic care can benefit you:

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