



Student's Name

Professor's Name

Course

Date

### Alternative Medicine System

Alternative medicine, known to some as fringe medicine, refers to medical practices that are often unproven and are claimed to have healing effects. The terminally ill have often found themselves or their relatives seeking alternative medical help. The medical benefits or hazards of such practices are yet to be examined and documented as different people have often exhibited varied reactions. According to the Merriam – Webster dictionary, alternative medicine is “any of various systems of healing or treating disease (as chiropractic, homeopathy, or faith healing) not included in the traditional medical curricula of the United States and Britain”. The many available treatments that are considered as alternative medicine or fringe medicine are aimed at eliminating the symptoms of illness rather than cure it.

Contrary to conventional medicine which more often than not prefers to study the symptoms and take lab samples in order to alleviate the disease entirely, this method of deductive treatment has come to be accepted by many, and this is the primary characteristic of conventional medicine ( Kelner et al. n.p.).

There also exist alternative sources of fringe medicine, and they can be categorized into the following: body based and manipulative methods, body and mind interventions, biologically based systems, and energy therapies. Manipulative and body-based methods include treatment and control of certain parts of the body to address the maladies. Osteopathy and chiropractic are among the most significant. In spite of the fact that both of these disciplines are gaining acknowledgment, they are both still considered alternative. Body and mind interventions incorporate the advancement and control of certain parts of the body to ease the pain or help with some disorders (Synovitz, ?Karl, & Larson n.p). Contemplation or meditation by itself is used to attain relief and calmness. The history of contemplation is closely connected to different religions around the world, with a few of the primary references being found in Hindu writings.

Biologically based systems utilize substances found in nature like herbs, minerals, and vitamins (Micozzi and Marc). These are commonly provided as dietary supplements. The most well-known dietary supplements used by American grown-ups are vitamins and Omega-3. These are utilized to preserve cardiovascular wellbeing and to treat or anticipate other afflictions. Energy therapies involve the control of vitality fields. There are two types of them – veritable or putative. The most well-known examples are Qi Gong and Reiki practices. Reiki has roots in early 20th century Japan. Professionals empower self-healing and harmony through the exchange of vitality through their palms. There are two frameworks of Reiki – Conventional and Western. In spite of the fact that there are a few differences between the two, the biggest disparity is that conventional Reiki depends on “natural” hand positions whereas western Reiki employs set hand positions. Qi Gong could be a frame of conventional Chinese spiritual practice that dates back to over 25 centuries ago. It is used to adjust the vitality meridians within the body. From a restorative point of view, Qi Gong centers on self-recuperating and anticipation. It is sometimes confused with Tai Chi.

A school where spiritual techniques are taught as they were used in cultures long before the recorded history is called Shamanism. Shamans treat ailments by soul mending techniques that help people to find their own balance. They also help in awakening and guiding their patients spiritually through other practices that help clients to enjoy the tranquility of the heart. Meditation and spiritual guidance help people understand matters such as their purpose and general reason for their existence. According to the Shaman's rainbow passage website, their goal is 'To build a bridge of unwavering support and guidance enabling the client to achieve a balance of health through the spiritual, emotional, and physical body by working in a spiritual partnership'.

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