

Complementary Therapies

Complementary therapy is the use of vitamins, herbal products, homeopathic products, teas, acupuncture, and other therapy methods to enhance drug therapy, or as a way of achieving general wellbeing.

These therapies are often used to eliminate side effects of drug therapies, minimise the need for drug therapy, or increase the efficacy of drug therapy.

Homeopathy:

A system for treating disease based on the administration of minute doses of a drug that in massive amounts produces symptoms in healthy individuals similar to those of the disease itself.

Reflexology:

A method of massage that relieves nervous tension through the application of finger pressure, especially to the feet.

Reiki/Spiritual Healing:

Reiki is one of the more widely known forms of healing through direct application of Chi, or a force very similar to Chi for it may be that Chi is different from the energy used by Reiki. Chi is the term used by the Chinese mystics and martial artists for the underlying force the Universe is made of. Mystics in all cultures have talked about the physical universe being made of an underlying simpler form of something, much as modern physics research is now coming to understand the Universe is made of energy which is subject to (or affected by) thought. Just as modern physics says this energy is affected by thought the mystics also say this underlying form is affected by thought, going so far as to claim we create our own reality from our thinking and the thoughts we share between each of us every day.

Yoga/Meditation:

A Hindu discipline aimed at training the consciousness for a state of perfect spiritual insight and tranquillity. A system of exercises practiced as part of this discipline to promote control of the body and mind.

Acupuncture:

A procedure used in or adapted from Chinese medical practice in which specific body areas are pierced with fine needles for therapeutic purposes or to relieve pain or produce regional anaesthesia.

Shiatsu:

A form of therapeutic massage in which pressure is applied with the thumbs and palms to those areas of the body used in acupuncture. Also called acupressure.

Bach Flower Remedies:

Dr Edward Bach formulated 38 flower essences in an attempt to address the emotional problems that lead to disease. He felt that the essences would counter-act disease and initially took essences himself to ascertain their effectiveness. Essences are chosen on the emotional state of the patient and may be taken orally or applied

to the skin in diluted form. It is impossible to overdose and treatment can vary from a day or two to weeks.

Kinesiology:

The study of the anatomy, physiology, and mechanics of body movement, especially in humans. The application of the principles of kinesiology to the evaluation and treatment of muscular imbalance or derangement. In holistic therapy, it is the balance of movement and the interaction of an individual's energy systems.

Bowen Technique:

A technique using vibration and motion to create harmonic resonance, it addresses muscular, skeletal or nerve imbalance, injury, chronic condition or acute or chronic pain. The Bowen Technique allows the body to reset and heal itself. The work consists of a series of gently rolling, connective tissue moves. There are frequent important pauses between these moves which give the body time to benefit from each set. By combining moves, both in placement and in combination, the practitioner is able to address the body as a whole, or target a specific problem. A unique tool of the Bowen technique practitioner is 'tissue tension sense,' meaning that the practitioner is able to discern stress build-up in muscle groups and then utilise Bowen technique moves to release that stress.

Alexander Technique:

The Alexander Technique is a method that works to change habits in our every-day activities, through exerting only the necessary amount of energy to carry out such activities. Through a 're-education of the mind', the technique seeks to improve ease and freedom of movement, balance, support and co-ordination.

Herbalism:

The study of the use of medicinal herbs around the world. Herbalism is used for building health and restoring balance rather than fighting disease.

Chiropractic Treatment:

A system of therapy in which disease is considered the result of abnormal function of the nervous system. The method of treatment usually involves manipulation of the spinal column and other body structures.

Iridology:

The study of the iris of the eye, especially as associated with disease. Through the scientific analysis of patterns in the iris, areas of inflammation throughout the body can be located. The iris reveals body constitution, inherent strengths and weaknesses, health levels, and transitions that take place in a person's body according to their way of life. The hundreds of thousands of nerve endings composing the iris are connected to every tissue of the body through the brain and nervous system. The nerve fibres, or trabecula, respond specifically to tissue and organ conditions with a corresponding physiological reflex manifested in the iris as lesions and colour variations.

Acupressure:

See Shiatsu

Osteopathy:

A system of medicine based on the theory that disturbances in the musculoskeletal system affect other bodily parts, causing many disorders that can be corrected by various manipulative techniques in conjunction with conventional medical, surgical, pharmacological, and other therapeutic procedures.