

Benefits Of Alternative Medicine

With the growing number of people being affected by newly discovered chronic degenerative diseases such as AIDS and chronic fatigue syndrome,

Are you worried or wondering....

Is it possible to maintain good health?

What your body needs to function properly?

Why conventional medicine is becoming more complicated and costly and in some cases simply ineffective?

A growing number of people are turning to alternative medicine and natural healing—simple, traditional low-tech methods of preventing illnesses and solving everyday health problems.

Do you have unanswered questions on....

Why are people flocking to health food stores, with their lotions and potions, and what keeps them going back for more?

What to do if you or someone in your family falls ill?

Are these therapies really old wives tales or can they really work?

Even mainstream doctors have begun to recommend natural drugless therapies’ to treat both everyday complaints and serious illnesses. Dietary modifications, for instance, has become the weapons of choice against a number of diseases that would have been treated mainly with prescription drugs a generation ago.

It is now known that many conditions are caused by the wrong diet and can be reversed by the right diet. Heart disease, cancer, weight problems, arthritis, diabetes, high blood pressure—they can all be treated to some degree with foods.

Natural therapies found in alternative medicine are actually much older than Western treatments such as surgeries and antibiotics. Experts estimate that herbal remedies and Ayurveda, the traditional medicine of India, has been around for 5,000 years.

Many alternative medicine remedies began with scientific research or clinical impressions reported by physicians working with safe, natural substances. But we live in a generation now that has been cut off from this age-old tradition of self-reliance. Healing and health care have become almost-
-the exclusive province of duly licensed physicians.

While doctors and other professionals-are indeed great to have around, what is not so great is when you cannot do anything without them.

Shouldn’t we be able to do something to save our health—maybe even our lives—without a doctor?

What happens when medical help is not so readily available?

What happens when doctoring simply does not work?

Some of us go to doctor after doctor, and still no help. Is that the end of the line?

While antibiotics have saved millions of lives, they have not really solved some resurgence of germs that are turning up in new forms that do not respond to conventional therapies.

There has been a real shift in the way people think about their health. Rising health care cost is a factor in the recent surge of interest in alternative medicine. Many people are attracted to the alternative physicians emphasis on treating the whole person—body, mind and spirit.

Most importantly some physicians use intensive counseling to help patients find out whether aspects of their daily lives, such as job stress, marital problems, diet or sleeping habits might be behind their symptoms. In this age of managed care and impersonal group practices patients find this individualized approach of alternative medicine particularly appealing.

One of the principal goals of alternative medicine and natural healing is to break the [global mushroom industry](#) cycle of dependency and allow people to be more in control of their own lives.