

## Alternative Medicine -A Few Examples

Alternative medicines are considered to be new age products. Ancient oriental traditional medicine blended with rudiments of the scholastic medicine of our western world seem to have proven it's own right. Just look how many people are searching for these alternative treatment methods. We're going to take a look at a few of them here.

**Acupuncture**The use of acupuncture dates back more than 2,000 years. This is a traditional medicine used in Japan, China, and other Eastern countries. The use of acupuncture is beneficial in that it stimulates areas of the body that have a direct correlation to internal organs. By placing fine needles into specific points, the body is encouraged to promote natural healing, improve function, and provide an overall boost to your system. When these needles are inserted, they go into Meridians, which are channels, somewhat like streams within the body. Just as there might be a boulder sitting in a stream blocking the flow of water, it can be the same for the channels of blood in your system. Acupuncture helps to remove these obstacles by providing stimulation, thus improving health.

**Biofeedback** Biofeedback is a method used to help blood pressure, muscle tension, heart rate, brain activity, and other bodily functions. Basically, biofeedback is a painless system that is hooked up to your body and then through electrical signals received from tightening of your muscles, you would be able to receive those signals by a light telling you that you are tightening your muscles. This in turn trains you to be aware of when you are bringing on stress and to help you identify when you need to relax your body. Biofeedback is very successful and can be used for migraine headaches, chronic pain, high blood pressure, epilepsy, and much more, which can occur when you tense up.

**Therapeutic Massage**You might be thinking, "what does getting a massage do for my health other than to make me feel good?" Actually, therapeutic massage has many benefits. For example, it can help alleviate pain, reduce stress, and promote good health. When a person gets a therapeutic massage, they are actually getting the benefit of function improvement with circulatory, muscular, skeletal, nervous systems, lymphatic, and can even help the body heal after an illness or injury. Depending on what the specific health issue is, there is a Swedish Massage, which is a more relaxing massage good for headaches, back stress, and muscle cramps, Pressure Point Therapy, helpful for some injuries as well as circulation problems, headache and muscle tension, insomnia, anxiety, and more. Finally, Sports Massage focuses on muscle groups used for different sports. Licensed masseuse can help with the issues mentioned as well as allergies, arthritis, asthma, carpal tunnel syndrome, depression, digestive disorders, myofascial pain, limited range of motion, sinusitis, and TMJ. The next time you tell someone you are going to get a massage, you can simply explain that it is for the benefit of your health.

## About the Author

Located in Los Angeles. Offers bachelor and doctoral programs, with details of admissions.

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