

**Definition** :Alternative medicine is a set of products, practices, and theories that are believed by their users to have healing effects of medicine. They can be applied even when not ill to cover spiritual and emotional needs.

## Acupuncture

Believed to Treat neck, back pain, nausea, anxiety, depression, Insomnia and even Infertility.



## Chiro Practice

To treat disorders of musculoskeletal and nervous system.



## Advantages

- ✓ Broad range of theories, practices and products.
- ✓ Treatment at home.
- ✓ Doctors are interested in whole patient not only the affected organ.
- ✓ Low cost.

## Aromatherapy

To treat infections, inflammations and to Promote relaxation.



## Energy Therapy

Relaxation and improve quality of life



## Disadvantages

- ✓ Treatment takes long time.
- ✓ Some of them have risk on patients.
- ✓ Studies and researches are not sufficient to prove their efficacy.

## Hajjama

Improve blood circulation, Fever and rheumatic Diseases.



## Herbal Medicines

Chronic fatigue, allergies, premenstrual syndrome and many others.



## Homeopathy

Like Vaccines, based on the principle of treating “like with like”.



## Reflexology

Complement conventional treatments for specific conditions.



## Summary

Alternative medicines refers to all treatments that have not been proven effective using scientific methods. Many of these alternative medicines work through psychological help rather than real treatment.

Referencettps://www.webmd.com/balance/guide/what-is-alternativeh-medicine