

# Mayo Clinic Book of Alternative Medicine: The New Approach to Using the Best of Natural Therapies and Conventional Medicine 9781933405926 Mayo Clinic 2007 Oxmoor House, 2007 192 pages

Alternative medicine is a means of treating a symptom or illness outside of conventional Western medicine. Often, alternative treatments are from Eastern cultures and use more natural methods, like herbal remedies. Some alternative medicine practices have been used for thousands of years. For example, the Ayurvedic medicine system started in India over 3,000 years ago. Ayurvedic medicine uses herbs, special diets, and other natural practices as treatment for a variety of conditions.Â Mayo Clinic Book of Alternative Medicine & Home Remedies. Share on Pinterest. When you think about alternative medicine and home remedies, you may have lots of questions: Are these treatments effective? How do they work? Start by marking "Mayo Clinic Book of Alternative Medicine: The New Approach to Using the Best of Natural Therapies and Conventional Medicine" as Want to Read: Want to Read savingâ€¦; Want to Read.Â Alternative medicine has become a catch all phrase to reference both alternative and complementary medicine. Traditional/conventional medicine and alternative medicine is known as integrated medicine. I don't want to live longer than I'm meant to, but I want to feel the best I can while I can. Traditional medicine has carried too many negative side effects for me. I have strongly turned to other options. My only concern is that many people think the other options are "safer" and that to me is a false sense of security. Learn how they work with conventional therapy in an approach called integrative medicine.Â Research on integrative approaches continues to grow as the use of these treatments becomes more common. Researchers are looking to identify safe, effective therapies as well as those that offer no benefit and may even cause harm. In general, there has been a lack of research because large, carefully controlled medical studies are costly. Trials for conventional therapies are often funded by big companies that develop and sell drugs. Fewer resources are available to support trials of integrative approaches.Â Mayo Clinic The Integrative Guide to Good Health. Mayo Clinic; 2017. AskMayoExpert. Alternative medicine is that one branch of medicine that majority of the people have second guesses about. While the pros and cons of alternative medicine are quite extensive, there could very well be a number of factors that could make people question the integrity of the impacts the same would have on the body. While many people do prefer the synthetic medications for faster recovery, some like the field of alternative medicine because of the lack or little of the side effects they impose.Â Even though the alternative medicine and therapy is touted for its effectiveness, there could very well be a number of instances in which it won't work at all. In such cases, it is important to ensure that you reach out for the traditional medicine for better cure. The Mayo Clinic Book of Home Remedies: What to Do For The Most Common Health Problems by Mayo Clinic Hardcover \$17.41. Only 1 left in stock - order soon. Ships from and sold by Aboe.Â I'm not a wiz at homeopathic or alternative medicine but I strongly dislike conventional medications unless truly necessary. If there is a natural way to help with something I am all for it and this book will guide you to those options. With easy to follow red, green, yellow lights you'll know just what to try first and what to use as a last alternative. This not only covers actually taking supplements and such but also offers a range of physical choices like acupuncture, chiropractic, massage, etc. Read more. 2 people found this helpful.