



GLOSSARY OF ALTERNATIVE AND COMPLIMENTARY THERAPY METHODS

METHOD	DEFINITION	WHEN COMMONLY USED
Acupuncture	<ul style="list-style-type: none"> • Insertion of very fine needles, sometimes in conjunction with electrical stimulus, on the body's surface in order to influence physiological functioning of the body 	<ul style="list-style-type: none"> • Low Back Pain • Arthritic Conditions • Headaches
Aromatherapy	<ul style="list-style-type: none"> • Using oils extracted from aromatic plants to enhance health 	<ul style="list-style-type: none"> • Stress • Fatigue
Biofeedback	<ul style="list-style-type: none"> • Non -invasive form of treatment in which a practitioner uses readings, such as skin temperature, muscle tension, and/or brainwave function, from your body to help you make certain changes in behaviour 	<ul style="list-style-type: none"> • Behaviour Modification • Headaches • Pain
Chiropractic	<ul style="list-style-type: none"> • Use of spinal adjustments to treat mechanical problems that respond to mechanical manipulation 	<ul style="list-style-type: none"> • Back Pain • Neck Pain • Headaches • Musculoskeletal Injuries
Craniosacral Therapy (Connected to Osteopathy)	<ul style="list-style-type: none"> • Gentle, hands-on method of evaluating and enhancing the function of the craniosacral system (the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord) 	<ul style="list-style-type: none"> • Asthma • Back pain • Recovery from surgery • Claims to assist most injury/illness
Herbal Medicine	<ul style="list-style-type: none"> • Use of natural plant substances to prevent and treat illness 	<ul style="list-style-type: none"> • Prevention and treatment of many illness • Allergies
Homeopathy	<ul style="list-style-type: none"> • Based on the idea that what causes your illness will cure it. • Example: If you have flu, a Homeopathic Doctor would give you a small amount of a potent homeopathic remedy, such as arsenic, that causes flulike symptoms to kick your immune system into high gear. 	<ul style="list-style-type: none"> • Flu • Hay Fever • Recovery from surgery • Arthritis and pain • Headache
Hydrotherapy	<ul style="list-style-type: none"> • Submerging all or part of the human body in water for therapeutic purposes 	<ul style="list-style-type: none"> • Arthritis • Muscle strain/pain
Hypnotherapy	<ul style="list-style-type: none"> • Induction of a sleeplike state to heighten awareness and focus concentration that can be used to manipulate the perception of pain 	<ul style="list-style-type: none"> • Behaviour Modification • Chronic Pain
Kinesiology	<ul style="list-style-type: none"> • Study of muscles and the movement of the body • Applied kinesiology is the system of applying muscle testing diagnostically and therapeutically to different aspects of healthcare. • In holistic medicine it is the balance of movement and the interaction of a person's energy systems. 	<ul style="list-style-type: none"> • Muscle strain/pain • Joint problems • Obesity
Massage Therapy	<ul style="list-style-type: none"> • Systematic therapeutic friction, stroking, and kneading of the body 	<ul style="list-style-type: none"> • Muscle strain/tension • Stress reduction • Pain relief



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Naturopathy	<ul style="list-style-type: none"> Natural methods and substances to support and stimulate the body's inherent self-healing process. Practitioners are trained in an array of therapies including clinical nutrition, herbal medicine, homeopathy, Chinese Medicine, acupuncture, massage, and conventional care. 	<ul style="list-style-type: none"> Prevention and treatment of a variety of diseases/illnesses/injuries
Occupational Therapy	<ul style="list-style-type: none"> Holistic therapy that encourages and instructs manual activities for therapeutic or remedial purposes in cognitive and physical disorders 	<ul style="list-style-type: none"> Assessment and treatment of physical and/or cognitive concerns
Osteopathy	<ul style="list-style-type: none"> Based on the theory that the normal body is capable of making its own remedies against infections and toxic conditions when there are favourable environmental circumstances and adequate nutrition. Hands-on healing using manipulation-techniques for manipulating ligaments, muscles, and connective tissue 	<ul style="list-style-type: none"> Musculoskeletal problems Arthritis Injury pain Digestive problems
Oxygen Therapy	<ul style="list-style-type: none"> Based on the idea that disease states are caused by a lack of oxygen at the cellular level, the oxygen therapies aim to get more oxygen into your body than you get through normal breathing and therapy to promote health and healing. Introducing oxygen into the body as part of a health or therapeutic regimen. 	<ul style="list-style-type: none"> Stroke and memory Angina Gangrene Headaches Infections
Physiotherapy	<ul style="list-style-type: none"> Uses exercise and physical activities to condition muscles and improve level of activity. 	<ul style="list-style-type: none"> Wide range of physical injuries (musculoskeletal to stroke)
Rapid Eye Movement	<ul style="list-style-type: none"> REM sleep is simulated using an eye-directing device. During REM sleep the eyes are rapidly moving and fluttering Verbal cues from technician to release any physical, emotional, or mental stress. The process goes very deep into cellular memory and releases core issues 	<ul style="list-style-type: none"> Emotional, physical, and mental stress Often utilized by psychiatrist/psychologists
Reflexology	<ul style="list-style-type: none"> Pressure and massage of certain points of the soles of the feet. 	<ul style="list-style-type: none"> Stress
Therapeutic/Healing Touch	<ul style="list-style-type: none"> Hands-on and energy based technique to balance and align the human energy field Healing Touch Practitioner re-aligns the energy flow, reactivating the mind/body/spirit connection to eliminate blockages of self-healing 	<ul style="list-style-type: none"> Pain control Neck and back problems Fracture healing Managing stress Chronic Fatigue Syndrome
Traditional Chinese Medicine	<ul style="list-style-type: none"> A practitioner uses acupuncture, herbs, massage, diet, and meditation to restore balance and health 	<ul style="list-style-type: none"> Injury Disease Unhealthy lifestyle
How to locate a Holistic Health Care Provider or require further information on Alternative and Complimentary Therapies	<ul style="list-style-type: none"> NETuralHealth.com www.thefacts.org www.ccmadoctors.ca 	