1.06 Understand the fundamentals of wellness

Complementary and Alternative Medicine (CAM) Health Practices
Complementary Health Practices

- Combines alternative health practices and conventional medical practices
  - Chiropractic
  - Herbal remedies
  - Massage therapy
  - Relaxation techniques
Alternative Health Practices

- Any healing that is outside the realm of conventional medicine
- Not proven to be consistently effective
- Often opposed to conventional medicine
- Often have an historical or cultural basis
Complementary/Alternative Health Practices

Chiropractic

- Manipulation of the spine, other joints, and soft tissues
- Based on a theory of vertebral subluxation (lost its normal position)
- Treatment also includes:
  - Exercise
  - Health and lifestyle counseling
Complementary/Alternative Health Practices

Herbal remedies

- Traditional or folk medicine practice based on the use of plants and their extracts
- Most commonly used CAM except prayer
- Standardization of purity and dosage is not mandated in the U. S.
Complementary/Alternative Health Practices

**Massage therapy**
- Manipulation of superficial layers of tissue to enhance function and promote relaxation
- Involves acting on and manipulating the body with:
  - Pressure
  - Tension
  - Motion
  - Vibration
- Use based on
  - client demand
  - perceived effectiveness
- Over 80 different modalities

1.06 Understand the fundamentals of wellness
Complementary/Alternative Health Practices

Relaxation technique
- Any process that helps a person to relax
  - Formal and passive exercises
  - Movement-based exercises
  - Combination of exercise methods
Complementary/Alternative Health Practices

- Many complementary/alternative health practices
  - Practiced for centuries
  - Enhance traditional medicine
  - May or may not have proven scientific data
  - May or may not have AMA support
    - Effectiveness
    - Safety
1.06 Complementary and Alternative Medicine (CAM) Health Practices