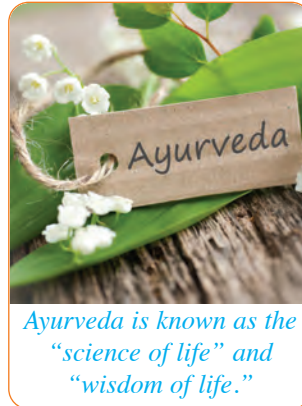




Alternative Medicine Systems

These are complete systems of theory and practice. Often, these systems have been used in other countries for centuries. They can be very different from mainstream medicine that is used in the U.S.

1. *Ayurveda* (“ah-yur-VAY-dah”). This system of diagnosis and treatment has been used in India for more than 5,000 years. It includes yoga, meditation, herbs, massage, specific diets, and controlled breathing.



2. *Homeopathy* This method is based on the idea that “like cures like.” Things that cause certain symptoms in a healthy person can also cure those symptoms in someone who is sick. They must be given in small, highly diluted amounts.
3. *Naturopathy*. This uses methods to allow the body to heal itself rather than treat disease. It uses diet, herbal medicine, acupuncture, homeopathy, body manipulation, etc.
4. *Reiki* (“RAY-kee”). This Japanese word stands for Universal Life Energy. With Reiki, spiritual energy is channeled through a Reiki practitioner to heal a patient’s spirit. Healing the spirit heals the physical body.