

Alternative Medicine Interesting Facts

Acupuncture

The needles are so fine that there is very little, if any, sensation of penetration. Stimulating the acupuncture point affects the flow of qi (life force). Health is restored when the energy is balanced.

During President Nixon's historic trip to China in 1971 that journalist James Reston became ill with appendicitis. In a life-threatening situation, he was hospitalized and his appendix removed. He recovered splendidly. The point? Reston's appendix was removed and the Chinese doctors used acupuncture as anesthesia! Nixon was understandably impressed. This event is credited with initiating an exchange program between medical practitioners in the two countries.

Acupuncture has been in use for at least 5000 years.

Acupuncture is used to address physical, emotional and psychological problems. The World Health Organization currently recognizes acupuncture as a viable therapy for over 100 diseases.

Chiropractic

Chiropractic does not treat symptoms. Nor does it treat diseases. Chiropractic does not use drugs or surgery. It recognizes that the body heals if it is in balance. The body heals if the lines of communication are open.

Chiropractic has become the second largest primary health care field in the world.

Spinal adjustment and manipulation of skeletal joints have been practiced throughout history. Even Hippocrates pointed out its value.

Chiropractors often note that the belief that chiropractic is just for back pain is the greatest misconception they have to deal with in their practices. Chiropractic is preventive medicine as well as for the relief of the imbalances caused by acute or chronic spinal misalignment. And the nature of these imbalances can be as far-ranging as immune system problems or hearing loss in one ear or both.

T'ai Chi and Yoga

Most sources believe that t'ai chi developed from an early form of Chinese boxing practiced in Shao-lin temples originated by an Indian Buddhist named Dharuma.

Both t'ai chi and yoga use body positions as a way of exercising. Poses are modeled after nature and often named after the animals or natural events they emulate.

Both yoga and t'ai chi incorporate breathing as part of the exercises. Both stress mental awareness. Perhaps the greatest difference is that t'ai chi involves a greater emphasis on movement.

The essence of t'ai chi is to maintain balance, both figuratively and literally.

Benefits of practicing t'ai chi are both physical and mental. It is a form of meditation as well as exercise. Both of those have been found to have tremendous health benefits. Traditional Chinese medicine uses t'ai chi as one of the remedies for anemia, intestinal problems, high blood pressure and immune system deficiencies. Western research is finding that those applications have basis in science.

Yoga = Union of Spirit, Mind, Body = Health

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According to CNN, one-half of all medical schools now offer courses in alternative medicine.

The World Health Organization estimates that between 65 to 80 percent of the world's population (about 3 billion people) rely on traditional (alternative) medicine as their primary form of health care.

In 1993, American consumers spent almost \$1.5 billion dollars on herbal remedies-ten times more than was spent on over-the-counter sleeping pills from grocery stores and drug stores.

Worldwide, only 10 to 30 percent of people use conventional medicine, 70 to 90 percent use alternative medicine.

Approximately \$22 million of U.S. government money has already been spent on alternative medical research since 1992 at the National Institutes of Health and Public Health Services.

The American Medical Association (AMA), in Resolution #514,"is encouraging its members to become better in-formed regarding alternative (complementary) medicine and to participate in appropriate studies of it"

Almost one-third of American medical schools-among them Harvard, Yale, John's Hopkins, and Georgetown Universities-now offer coursework in alternative methods.

Mutual of Omaha says it saves about \$6.50 in covering non-standard (alternative) treatments.

74 percent of the American population desire a more natural approach to health care.

Of the one out of three Americans who say they have used alternative medicine techniques, 84 percent said they would use it again.

Traditional chinese medicine has been chosen by the World Health Organization for worldwide propagation to meet the health care needs of the twenty-first century.

The U.S. government sponsors the use of acupuncture in drug rehabilitation programs.

One out of three drugs prescribed in Germany is an herb.

One out of every ten Americans is under the care of a chiropractor.

In 1991, Americans made more visits to unconventional health care providers (425 million) than to conventional doctors (388 million).

One out of three Americans were using unconventional medicine in 1991.

Americans spent almost \$13.7 billion on unconventional health care in 1991; 75 percent of that \$13.7 billion was out of pocket.

12 percent of Fortune 500 companies offer alternative medicine as part of their health care compensation packages. That percentage was expected to increase to 18 percent by the end of 1996.

The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease." -Thomas Edison, Inventor