

## Why Try Complementary, Alternative or Natural Healthcare?

They baffled the average patient with Latin names for body parts and 8 syllable named medicines and lulled us into security with their warm smile and words reassuring us that "if you take these antibiotics for the next 7 days, it will clear right up". In the last few decades, their absolute knowledge began to be questioned as their medicines stopped bringing the desired effect where alternative methods did. There is definitely a place for modern medicine in our society as there are life saving medications and procedures without which we would suffer.

You don't have to be unhealthy to consider trying out natural healthcare options, use it to enhance your knowledge, help others (children present and future, friends and family) and heal your self in the future.

There have been many successes in using alternative, complementary and natural healthcare options to promote health and in some cases, a change in diet has brought people back from the edge. A couple who had been trying for children for 10 years with no success decided to both fast for 10 days. They successfully conceived a month later. People who have been told that they have months to live after a diagnosis of cancer have lived near normal lives for 20 years after the diagnosis simply by following a diet and lifestyle which specifically catered for their condition.

The practices of homeopathy, reflexology, aromatherapy and the work of chiropractors are testament to this, as at one time in the not so distant past, these curative and preventative methods of health care were shunned by orthodox medicine and branded unsubstantiated methodologies which were no match for so called modern medicine. Some even bracketed them in to the niche of spooky witchcraft. The persistence of these complementary therapies and their practitioners, has now lead to all of the above being used by orthodox health practices, recognised as effective by national health services and accepted as effective treatment options by the world health organisation.

The beauty of complementary, alternative and natural healthcare options is that they are natural and mostly WHOLISTIC (holistic), working to balance the whole being, mind, body and spirit. There are also less side effects when used correctly. Try a herbal tea, a spiritually calming gemstone or even an aromatherapy massage and reap the benefits of a new natural world.

Source: <http://www.articlecircle.com>

### About the Author

Julian Hall of <http://www.davidel.com> - The natural Healthcare Company - providers of herbal medicine, Natural healthcare, Echinacea,Herbalife,Loose Herbs,Natural Therapy,Detoxification,Alfalfa,Chamomile, Dandelion,herbalife and other natural health products