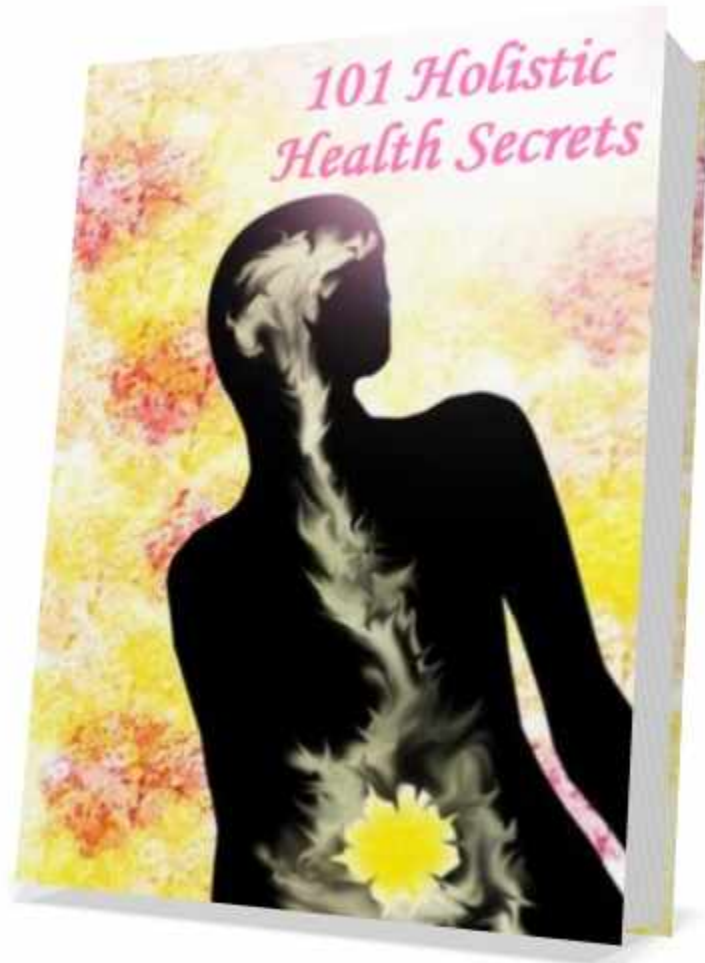


101 Holistic Health Secrets



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INTRODUCTION

This eBook is based on the SelfMadeEasy.com philosophy that as people, sometimes we find ourselves in a problem and stay stuck in it because we either don't know how to solve it or realize that a solution exists. This includes health related problems we may have.

Traditionally, the first response for Americans to any type of health issues is conventional medicine. When conventional medicines fail or fall short of expectations, people give up hope on ever becoming healthy again. Their health deteriorates simply because they don't realize that alternative options exist.

There are, in fact, many options - holistic medicine. Holistic medicine envelops the concept of seeking out non-traditional ways to deal with day-to-day to serious health issues. This type of medicine looks beyond taking medication.

People look to use holistic medicine for two main reasons. The first is because of the idea that conventional, synthetic medications can potentially lead to unhealthy consequences such as dependencies and side effects. The second is because many holistic medicines are natural and their effectiveness has been proven over thousands of years of use.

Holistic medicine encompasses many different therapies, such as hypnosis, color therapy, yoga, meditation, herbal remedies, vitamin therapy, and much more.

The main focus of Holistic medicine is that life is a combination of parts that includes more than the treatment of disease. There is a definite focus on living life well, happily, and with purpose. It is believed that this is an essential part of healthy living.

This guide will explore the many different components of holistic medicine, and how it can help you. Consider using the ideas captured here next time you fall ill and want to begin feeling better naturally.

Although we will be treating these methods with a respectful and sympathetic attitude, our goal is not to convince or to prove, but to describe what is out there. It will be up to you to extend your research to find out more about any methods that you may find interesting or promising.

Of course, that does not mean you give up conventional medicine all together. Any serious, life-threatening health problem should blend conventional and holistic methods for a comprehensive approach. Be sure to consult with your doctor to avoid complications. If planned well, you can take advantage of best of both types of medicine for a life that is comfortable and enjoyable.

PRACTICES FROM AROUND THE WORLD

In this chapter we are going to review some of the medical practices from around the world. Since many of the suggestions stem from these worldly sciences, it is a good idea to be familiar with them. If there are any that peek your interest, it would be a good idea to research them further to find out the many ways the practice can benefit you.

1. Homeopathy Treatments

Homeopathy is defined as an organic system of medicine that is based on three main ideas:

1. Like cures like
2. Minimal dosing
3. One time remedies

There are several reasons why homeopathy is the second most popular form of medicine (after conventional medicine). The most popular reasons are:

- It is extremely natural and safe
- The results are permanent
- It is effective
- You can take most homeopathic medicines along with conventional medicine without side effects
- It is non-addictive

Homeopathy is a precise science, which is why it sometimes takes longer to find exactly the right medicine for your illness. It requires spending time asking questions about symptoms and the root cause

of the illness in an effort to make a clear diagnosis for the problem, and treat it effectively.

a. Try a homeopathic approach to ADD.

ADD or ADHD is becoming one of the most commonly diagnosed disorders among young children and adolescents today. Unfortunately, the treatment options are limited and most include the use of strong medications with terrible side effects.

Homeopathic may be a good alternative because treatment plans not only include natural medicines, but psychological counseling as well. The goal is to treat the patient and not simply the symptoms.

There are many traditional physicians who will work with you to develop a homeopathic treatment plan and many holistic physicians who specialize in this type of treatment.

b. Use Homeopathic for permanent allergy relief.

If you suffer from allergies, you already know the frustration of treatments that just don't work. Sure, they may mask symptoms for a while. But, they are not going to provide lasting relief.

Homeopathic allergy treatment is different because instead of treating the symptoms, the goal is to strengthen the body to a point where it can resist the allergens that are behind the symptoms. While there are treatments available for the symptoms, a patient can expect to be given medications that make their immune system build upon itself to create a natural defense.

2. Chinese Medicine

Traditional Chinese Medicine (TCM) includes acupuncture, Qigong, herbal treatments, deep massage, and more. More than 25% of the world's population practices TCM.

Several reputable groups, such as the World Health Organization and the National Institute of Health, find traditional Chinese medicine to be a viable alternative to contemporary medicine.

Many parts of TCM began well over 3,000 years ago in China. The focus of TCM is Qi (pronounced "Chee"), which is the body's energy that connects it to the world around us. It is believed that all disorders and bodily problems are caused by the misalignment of Qi. Acupuncture is one of the most widely recognized methods of bringing the Qi into alignment.

Herbal remedies are also popular in traditional Chinese medicine. They are used to relax and calm the patient's emotions to avoid depression, and provide a more positive outlook on the illness. This helps tremendously in the healing process. Ginseng and herbal green tea are the most popular herbal remedies in China.

Exercise, mainly Qigong (pronounce "Chee Kung"), is also an important part of traditional Chinese medicine. Qigong involves posture, meditation, and slow, calculated body movements.

3. Tibetan Medicine

Tibetan Medicine is almost solely based on herbal remedies, and has been around for over 2,500 years. It is called "gSoba Rig-pa." Tibetans mostly live in India because they have been in exile since the late 1950's. There they practice Tibetan Buddhism.

There is a Tibetan Medical Institute in Northern India, where doctors studying Tibetan medicine attend for 7 years before earning a degree.