

Contents at a Glance

Part I	An Introduction to Alternative Medicine	1
1	What is Alternative Medicine All About?	3
2	How Does Alternative Medicine Work?	17
Part II	Non-Western Healing Methods	33
3	Traditional Chinese Medicine	35
4	Ayurvedic Medicine	51
5	Native American Healing	69
Part III	Botanical Healing	81
6	Herbal Medicine	83
7	Naturopathy	99
8	Homeopathy	105
9	Aromatherapy	115
Part IV	Manual Healing Methods	129
10	Chiropractic Practice	131
11	Massage	141
12	Pressure-Point Therapies	155
13	Energy-Balancing Therapies	167
14	Combined Manual Therapies	177
Part V	Mind-Body Techniques	187
15	Yoga	189
16	Meditation	201
17	Hypnotherapy	215
18	Dreamwork	226
19	Biofeedback	241
20	Movement-Oriented Therapies	247
Part VI	Spiritual Therapies	257
21	Shamanismx	259
22	Faith and Prayer	269
Part VII	Other Therapies	281
23	Bioeletromagnetics	283
24	Detoxifying Therapies	295
25	Animal-Assisted Therapies	303
Part VIII	Appendix	315
	Appendix	317
	Index	345

Table of Contents

I An Introduction to Alternative Medicine	1
1 What Is Alternative Medicine All About?	3
Why Are People Turning to Alternative Medicine?	4
What We Talk About When We Talk About Health	6
Conventional Medicine	7
Alternative Medicine	8
Two Paradigms, Possibly Complementary	8
What Are the Theoretical Foundations of the Two Systems?	9
Origin of Disease.	10
The Meaning of Health	11
The Healing Process	11
The Nature of Healthy Living	12
Research Comparing the Two Systems.	12
Three Approaches to Research	12
The Limits of Western Thinking	13
2 How Does Alternative Medicine Work?	17
Balance	18
Circadian Rhythms	18
Musical Rhythms.	18
Spirituality	20
Spirituality and Suffering	20
Spiritual Guides.	20
Energy.	21
Life Force	21
Chakras	22
Aura	26
Meridians	27
Energy Concentration	28
Grounding and Centering	28
Breath	29

II Non-Western Healing Methods33

3 Traditional Chinese Medicine 35

What Is Traditional Chinese Medicine? 36

Chi: The Energy in You and Me 37

Yin and Yang: Two Parts of the Whole 37

The Five Phases: An Internal Cycle in Balance 38

The Five Seasons: Balanced on the Outside 39

The Three Vital Treasures: Building Blocks of Life 40

How Does Traditional Chinese Medicine Work? 41

Traditional Chinese Diagnosis 41

Traditional Chinese Treatments: Restoring Balance and Flow 44

How Can I Get Started With Traditional Chinese Medicine? 47

Diet 48

Breathing and Relaxation 49

4 Ayurvedic Medicine 51

What Is Ayurveda? 52

The Five Elements 52

Doshas 53

Body Types 54

Tissues/Dhatu 55

Waste Products/Malas 55

Energy/Prana 55

Balancing the Doshas: The Ayurvedic View of Health and Illness 56

How Does Ayurveda Work? 57

Ayurvedic Diagnosis: The Whole Body Tells the Story 57

Ayurvedic Treatments Will Change Your Life 58

Nutrition 58

Herbs 60

Exercise 60

Breathing 61

Meditation 62

Massage 63

Aromatherapy 63

Music 63

Purification 64

How Can I Get Started with Ayurveda?	64
Determining Your Dosha	64
Seeking Dosha Balance	66
5 Native American Healing	69
What Is Native American Healing?	70
The Spiritual Foundation of Native American Medicine	70
The Healing Art: a Gift from the Creator	71
The Circle	71
The Number Four	72
Harmony with All Things: The Native American View of Health and Illness	73
Role of Medicine Women and Men	73
How Does Native American Medicine Work?	74
Smudging	75
Sweatlodge	75
Drumming and Chanting	75
Sing	76
Pipe Ceremony	76
Vision Quest	76
Healing Touch/Acupressure	77
Herbs	77
Peyote	78
How Can I Get Started with Native American Healing?	78
Fostering Positive Thoughts	78
Banishing Negative Thoughts	79
III Botanical Healing	81
<hr/>	
6 Herbal Medicine	83
What Is Herbal Medicine?	84
How Does Herbal Medicine Work?	85
Phytonutrients	86
Antioxidants	88
Synergism	88
Safety	89

How Can I Get Started with Herbal Medicine?	90
Putting Herbs in Perspective.	94
Safety First	96
Getting More Information About Herbal Medicine	97
7 Naturopathy	99
What Is Naturopathy?	100
How Does Naturopathy Work?	101
Healing Power of Nature	101
First, Do No Harm	101
Find the Cause	102
Physician as Teacher	102
Health Comes from Within.	102
Naturopathic Diagnosis and Treatment	103
8 Homeopathy	105
What Is Homeopathy?	106
How Does Homeopathy Work?	107
Law of Similars	107
Law of Infinitesimals	107
When Life Is Out of Balance.	108
A Holistic Diagnosis	109
Take Two Drops and Call Me in the Morning: Homeopathic Treatment . .	110
How Do I Get Started with Homeopathy?	111
9 Aromatherapy.	115
What Is Aromatherapy?	116
The History of Aromatherapy	116
Not Just for Perfume Anymore	117
How Does Aromatherapy Work?	117
Essential Oils	118
How Essential Oils Work	119
Delivering Essential Oils	121
How Can I Get Started with Aromatherapy?	122
Aromatherapy at Home	125

IV Manual Healing Practices	129
10 Chiropractic Practice	131
What Is Chiropractic?	132
How Does Chiropractic Work?	133
Anatomy	133
Foundations of Chiropractic Treatment	133
The Limits of Misalignment	134
About Chiropractic Treatment	135
The Chiropractic Assessment	135
The Chiropractic Cure	137
More Than Just Back-Cracking	138
11 Massage	141
What Is Massage?	142
Massage in the United States	142
How Does Massage Work?	144
Skin: The Organ You're In	144
Touch	145
Trigger Points: A Pain in the Neck	145
Fascia and Fascial Restrictions	145
What Are the Different Types of Massage?	147
Swedish Massage	147
Shiatsu Massage	148
Trigger Point Massage	148
Sports Massage	148
Rolfing	149
Executive Massage	149
Thai Massage	149
Infant Massage	150
Self-Massage	150
Trying Massage at Home	151
Mini-Massage (1–2 minutes)	151
Full Body Massage (5–10 minutes)	151
Partner Massage	151
Massage During Pregnancy	152
Infant Massage	153

12 Pressure-Point Therapies	155
What Are Pressure Point Therapies?	156
How Do Pressure Point Therapies Work?	157
Meridians	158
Microsystems	158
Mind-Body Connections	160
What Happens During a Pressure-Point Session	160
Acupuncture	161
Jin Shin Jyutsu/Jin Shin Do	161
Reflexology	161
Putting Pressure on Yourself: Therapies to Try at Home	162
Headache	162
Hiccups	163
Carpal Tunnel Syndrome	163
Foot Massage	163
Accupressure of the Hand	164
13 Energy-Balancing Therapies	167
What Are Energy-Balancing Therapies?	168
The Education of Therapeutic Hands	169
How do Energy-Balancing Therapies Work?	169
Smoothing the Way for Healing	171
The Experience of Energy-Balancing Healing	172
Therapeutic Touch	172
Healing Touch	174
Reiki	174
How Can I Get Started with Energy-Balancing Therapy?	175
14 Combined Manual Therapies	177
What Are Combined Therapies?	178
How Do Combined Therapies Work?	178
Meridians	179
Neurovascular Points	179
Neurolymphatic Points	179
Polarity	180

What Is a Combined Therapy Session Like? 180
 Diagnosis and Treatment 180
 Applied Kinesiology 181
 Polarity Therapy 183

V Mind-Body Techniques187

15 Yoga 189

What Is Yoga? 190
 Much More Than Headstands 190
 Eight Paths to Self-Realization 190

The Nature of Yogic Health 193

How Does Yoga Work? 194

How Do I Begin a Yoga Practice? 196
 Developing a Regular Yoga Practice 197
 A Yogic Pregnancy 199

16 Meditation 201

What Is Meditation? 202

How Does Meditation Work? 203
 Meditative State 203
 Attention and Concentration 203
 Focal Points for the Empty Mind 204
 Better Living Through Less Stress 205
 Achieving the Relaxation Response 205

How Do I Start a Meditation Practice? 207
 Why Meditate? 207
 Beginning Your Practice 208
 Enriching and Extending Your Meditative Practice 212

17 Hypnotherapy 215

What Is Hypnotherapy? 216

The Nature of Hypnotherapy 217
 Trance: Letting the Subconscious Drive 217
 Bark Like a Dog: Laws and Principles of Suggestion 218
 Memories 219

You Are Feeling Sleepy, Very Sleepy: The Process of Hypnosis	219
Establishing a Healing Relationship	220
Entering the Subconscious	220
Making the Suggestion	220
Snapping the Fingers	221
Benefits and Applications of Hypnotherapy	221
Guided Imagery	222
How Do I Get Started with Hypnotherapy?	224
18 Dreamwork	227
What Is Dreamwork?	228
How Does Dreaming Work?	229
Why Do We Dream?	231
Types of Dreams	232
Making Meaning, and Healing, for Our Dreams	233
Tools for Dream Control	234
Reframing Nightmares	235
Cultivating Healing Dreams	236
Dream Incubation	237
Dream Sharing	238
19 Biofeedback	241
What Is Biofeedback?	242
How Does Biofeedback Work?	242
The Tools of Biofeedback	243
The Process of Biofeedback	244
How Do I Start Using Biofeedback?	245
20 Movement-Oriented Therapies	247
How Do Movement-Oriented Therapies Work?	248
Qigong	249
T'ai Chi	249
The Alexander Technique	251
The Feldenkrais Method	251
The Trager Approach	252
How Do I Begin Using Movement-Oriented Therapies?	253

VI Spiritual Therapies257

21 Shamanism 259

What Is Shamanism? 260

Becoming a Shaman 260

How Does Shamanism Work? 261

Finding Harmony with the Environment 261

Drawing on Personal Power 262

Controlling States of Consciousness 262

Tapping the Imagination 263

The Shamanic Cosmology 263

The Shamanic View of Health and Illness 264

Healing as a Journey 265

Finding Your Friendly Neighborhood Shaman 267

Finding the Beat of Your Healing 267

22 Faith and Prayer 269

Religion as a Healing Practice 270

The History of Medicine and Religion 270

How Does Spiritual Healing Work? 271

Prayer: Much More Than a Chat with God 271

The Universality of Faith 272

Illness as a Spiritual Crisis 272

The Twelve Remedies 273

How Do I Begin Taking a Spiritual Approach to My Health? 276

Prayer as an Act of Gratitude 278

VII Other Therapies281

23 Bioelectromagnetics 283

What Is Bioelectromagnetics? 284

Geomagnetic Field 285

Endogenous Magnetic Fields 286

Exogenous Magnetic Fields 287

Resonance 287

How Does Bioelectromagnetics Work? 288

Magnetic Therapies: They're Very Attractive 288

Crystal Healing: A Therapeutic Wavelength 289

Getting Started with Bioelectromagnetic Healing	290
Choosing a Crystal	290
Meditating with Your Crystal	291
Trying Magnetic Therapies	292
24 Detoxifying Therapies	295
Hydrotherapy: A Nice, Hot Bath	296
Colonics: A Deeper Feeling of Clean.	297
Chelation Therapy: No More Heavy Metal	298
Getting Started with Purification Therapies	300
25 Animal-Assisted Therapy	303
What Is Animal-Assisted Therapy?	304
What Kinds of Animals Are Used?	304
What's the Idea Behind Animal-Assisted Therapy?	305
Companion Animals: Part of the Family	305
Therapy Animals: Part of the Healing Process	306
What Are the Goals of Animal-Assisted Therapy?	307
Animal-Assisted Activities	308
Pet Visits.	308
Resident Animals.	309
Eden Alternative	309
Service Dogs	310
Special Concerns for Pet Owners with HIV/AIDS	311
VIII Appendix	315
A Alternative Therapies for Common Health Problems	317
Index	345
