

# Non traditional health care



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Holism in Non-Traditional Health Care (School or College) Introduction This paper discusses Non-Traditional Health Care, as it practiced side-by-side with the traditional and modern health care. It will attempt to show that the emergence of non-traditional health care is caused by several factors, among which the need for holism in healthcare appears dominant.

Alternative Medicine and Health Care Alternative medicine may be viewed as ancient folk medicine modernized for our contemporary age. It covers therapies which are sound and beneficial. "Increasing discontent with traditional American health care" was given a reason for recourse to alternative health care (Larson, 2003). Conventional medicine does have limits due to restricted fields of specialization in medical science. For this reason, medical practice has turned to holistic approaches. In 1991, the U. S. Congress ordered the setting up of the Office of Alternative Medicine under the National Institutes of Health. This measure reflects the adoption of alternative medicine and health care, including iridology, reflexology, acupuncture, naturopathy, yoga, music therapy, etc. Non-Traditional Health Care in Arizona Much like other states of the nation, Arizona has a pluralistic culture. Its over five million population boasts of European, Asian, Mexican and Latin-American immigrants. It is also unique for its very large Indian population of more than 14 tribes in 20 reservations. It is therefore not surprising that the U. S. Government has recognized its responsibility to these peoples, including provision of health care in various forms. In 1955, the Public Health Service formed the Indian Health Service (IHS) in Tucson to serve the Pascua Yaqui Tribe of Arizona. The IHS also provides health care to the Tohono O'odlams or "Desert People." Since these native Americans are close to the land, a holistic health program is implemented inclusive of a

non-traditional and innovative system of health care. When illness occurs, Indian medicine men and women called Mak'ai, known for their special healing powers, are sought. The state also approves many other healing options, such as acupuncture, jin shin, shiatsu and other forms of therapeutic massage, homeopathic and naturopathic medicine and hypnotherapy (Newcomers Guide, 2011). Conclusion Arizona has all the modern amenities for modern medicine and healthcare. Its health services covers state-of-the-art facilities by way of hospitals, centers, hospices and home care services. Its pluralistic racial population, however, justifies a holistic medical and healthcare system. Given the increasing need for a comprehensive healthcare program, the mainstreaming of a holistic health movement is expected for the years ahead. References Larson, B. (2003). Alternative Spirituality. Wheaton-Illinois: Tyndale House Publishers, Inc. 238-241. The Indian Health Service in Tucson Works with the Tohono O'odlam Nation. Retrieved from [http://www. ihs.gov/facilitieservices/areaoffices/tucson/tucrec. asp](http://www.ihs.gov/facilitieservices/areaoffices/tucson/tucrec.asp)