

The different service
and facilities where
complementary
approached are used



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Hospitals and hospices will provide complimentary therapies to terminally ill patients to make their last days more comfortable. They will provide relaxing and uplifting therapies such as art and music therapy, aromatherapy and various massages. GP surgeries and health centres sometimes provide complimentary therapies for the local community. Nutritional therapy is provided mainly for the treating of obesity and yoga classes for exercising and reducing stress. There are services and facilities available in the private sector that people can choose to use themselves, and they don't necessarily have to be referred to.

There are many clinics in the UK where complimentary approaches are used and these include acupuncture clinics, acupressure, Chinese herbal medicine, massage, aromatherapy, tai chi etc. The aromatherapy clinic in Cheltenham has a team of aromatherapists that treat clients in the private sector. Clients will have an initial consultation with a therapist for a chance to discuss their lifestyle, general health and any areas of concern. A plan of treatment will then be agreed followed by the blending of essential oils to be used during the massage treatment.

During the treatment the therapist will use methods such as spinal diagnosis, to determine their state of health. Following treatment, clients will be given after care advice by the therapist to improve their wellbeing. Health farms provide residential and day stays for beauty treatments and natural holistic therapies. People will generally go to a health farm to detox, relax, de-stress and unwind. The services and treatments available include: exercise sessions, body massages, aromatherapy, yoga classes, reiki, chiropody, reflexology and tai chi etc.

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Ranges of beauty treatments are also available and these in themselves are proven to reduce stress levels by relaxing the body. Fitness centres sometimes provide yoga classes as a way of exercising and reducing stress.'Chiropractic involves the manipulation and adjustment of your joints and other areas of the body that aren't working' (www. cliftonchiropractic. co. uk).

Clinics that practise chiropractic focus on the musculoskeletal system and the effects on the nervous system as it relates to the spine. Chiropractic helps to treat back and leg pain, arm pain and headaches, chronic jaw pain, infantile colic, childhood asthma, bedwetting, acute whiplash injuries and sports injuries. A typical clinic such as the Clifton Chiropractic clinic will have a team of chiropractors, a spinal rehabilitation room for exercise, an x ray room, a osteoporosis screening scanner and as an plus this clinic has an aqua massage machine. Upon your first visit to a chiropractic clinic you will have a consultation with a chiropractor. This will give you a chance to discuss your health and reasons for asking for chiropractic care.

If chiropractic appears not to be suitable for you, you will be referred to your GP or an appropriate specialist. You will then an appropriate examination of your neuro-musculoskeletal system (the nerves, muscles and joints). Other systems such as your heart, lungs and abdomen may need to be checked out to rule out other causes. X-rays will be taken were appropriate and a scan to make sure that you don't have osteoporosis. Other further tests include: urine analysis, blood tests and MRI scans were indicated.

You might not need X-rays or further tests and treatment may be offered on the same day. You will be given an explanation of what's wrong with you, you will be advised on how many treatments you will need and what the costs are likely to be. After care is also provided and you will be taught exercise to do at home, you will also be given advise on nutritional supplements and lifestyle appropriate lifestyle changes. Nutrition clinics use nutritional therapy to identify nutritional deficiencies in clients. They can help with: depression, digestion problems, cardiovascular circulation, hormonal imbalances, behavioural problems, fatigue and ADHD. They measure biochemical factors that asses risk.

This can be done through consultations with nutritional therapists and through surveys, allergy testing, urine analysis, saliva testing and hormone testing. When they have found factor that's causing the deficiency, results will be discussed and the client will be advised and supported with their diet. They are given publications on nutritional topics. Workshops are provided to educate people of the contributory factors associated with a specific health topic and discuss the type of symptoms that may be experienced. Clients learn which foods; drinks and lifestyle habits play a role in encouraging the progression of a health condition.

Information may also be given on supplements that which have found to be successful for that condition. Whole organic are preferred though as they are natural and free of chemicals and toxins. Behavioural clinics mainly provide psychotherapy, hypnotherapy and behavioural therapies to treat illnesses such as: depression, mood swings, OCD, panic attacks, phobias, addictions, anxiety, post traumatic stress disorder, eating disorders, addictions,
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relationship difficulties, low self-esteem, insomnia, passive aggression, inadequate control over feelings and inadequate coping skills. Behaviour therapy helps you to weaken the connection between troublesome situations and your natural reactions to them. You're taught to calm your mind and body, so you can feel better, think more clearly and make better decisions.

Behavioural therapy is related to a wide range of mental health illnesses. Some clinics are for clients with more serious cases and are residential. They will generally co-op other therapies and coping strategies, such as counselling and relaxation techniques to treat stress, anxiety and depression. There are five main complimentary methods available...

Osteopathy is a physical method within complimentary approaches. It is based on the principle that health depends on the maintenance of proper relationships among the various physical factors in parts of the body. Osteopathy corrects structural abnormalities, using a physical therapy with the hands or by mechanical means. Osteopathy is a theory of disease and method of cure founded on the assumption that deformation of some part of the skeleton and consequent interference with the adjacent nerves and blood-vessels are the cause of most diseases. (Oxford English Dictionary). Massage is used to relax stiff muscles, stretching to help joint mobility, and manipulation and high-velocity thrusts techniques to restore easy movement to the body.

The fundamental principles of osteopathic medicine were formulated in 1874 by American doctor Andrew Taylor Still. According to still, all diseases are caused by obstructions of arteries or nerves, because of the pressure of

maladjusted nerves, especially of the spinal column. He therefore said that most ailments can be prevented or cured by techniques of spinal manipulation. Osteopaths are generally consulted to treat problems of the musculo-skeletal structure such as back pain. It can also be used to ease pain during pregnancy, for asthma, constipation and pre-menstrual syndrome. Yoga is an ancient intellectual method of teaching harmony of the mind, body and spirit.

It teaches the discipline of breathing and concentration during practice to bring tranquility and awareness to the mind. It brings about benefits such as increased oxygenation in the blood, muscle toning throughout the body, a clearer and more relaxed mind, improved posture, improved circulation and the regulation of bodily functions. Mantras are chanted to assist meditation, focus the mind and increase concentration. Homeopathy is a medicinal approach, which prescribes plants, minerals and some remedies based on the principle that 'like cures like'. For example the effects of peeling an onion are very similar to the symptoms of a cold or hayfever. This stimulates the natural healing process, making a recurrence of the illness less likely.

Hahnemann discovered this system of prescribing at the end of the 18th century. He found that cinchona bark, which was used to treat swamp fever, when taken by him produced the same symptoms of the disease. He found that in every case symptoms of swamp fever occurred on taking cinchona bark, which stopped when they stopped taking it. Creative methods such as Art therapy are used for self-expression and to show ideas and emotions that are difficult to describe verbally. Art therapy is a form of psychotherapy

where, art is used to express emotions. The resulting image helps bring to light any suppressed emotions or conflicts.

Reflecting on these images can help to cope and understand the issues that arise. It's good for personal development by helping to identify problem areas, and to transform negative images into positive images. A diagnostic method such as iridology diagnoses conditions from looking at one part of the body. Iridology involves studying the iris of the eye and the pupil, using microscopes to determine the health of the whole body.

The iridologist in the picture on the right, is using a ophthalmoscope to identify weaknesses in the clients body.