

How to use alternative medicine in the 21st century part II

Abstract

Alternative and Natural Medicine are nonmedical techniques and therapies that help a client heal faster and uses non-medication for the mind, body, and soul. Also, Holistic perspectives, this provides a framework for understanding how sentient beings, including humans, perceive and interact with the world. In the Holistic study these guidelines are for us to follow, and they are the: The Six Universal Reality Dimensions, as presented in the Theory of Holistic Perspective, they describe the fundamental aspects through which all sentient beings perceive and engage with reality.

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Introduction

This article is a continuation of the original on “How to Use Alternative and Natural Medicine in the 21st Century”.

Alternative

Alternative medicine goes with Integrative Medicine. It has modalities to combine healing methods. These modalities can intermix with modern day medicine. If the family physicians approve it. That is alternative medicine, and does it work?

- I. Mind-body therapies Mind-body therapies focus on the relationship between the mind and body to help treat or manage a condition. This includes Life Coach, health Coach, holistic Coach, Reiki, and Chakra healings.
- II. Biological therapies: Biologically based therapies use substances such as plants and foods to improve health or treat conditions.

Dietary Supplements and Vitamins. See a CAM or Integrative practitioner that can offer a dietary care plan.

Botanical's: The use of plants or plant compounds for medical benefits. There are examples Trusted Source of plants that people use to treat symptoms or include: Cannabis, evening primrose oil, curcumin, which comes from turmeric allicin, which comes from garlic, valerian root conditions.

- III. Biofield therapies These therapies aim to help people by manipulating invisible energy fields. This would include Acupuncture, Acupressure. Auricular Therapy.
- IV. Body-based therapies can be used along with Hypnosis involves someone going into a deep state of relaxation and focusing on suggestions a clinician makes while the person is in a hypnotic state. The aim is for the suggestions to help change a person's mental state, resulting in health benefits. Yoga is like meditation; yoga is a mind-body exercise that originates in spiritual practices. It involves moving through sequences of poses and stretches while also focusing on breathing. People around the world practice yoga to promote mental and physical well-being. Yoga also has beneficial health work: lower stress, improve sleep, improve balance, manage anxiety or depression, reduce neck and lower back pain, manage weight, alleviate the symptoms of menopause, reduce the symptoms of chronic

conditions, it is also a Mind-body and spiritual exercise. Body-based therapies involve a therapist physically moving one or more parts of a person's body for therapeutic benefits. Common examples include Massage therapy, Reflexology therapy and chiropractic therapy.

- V. Whole medicine systems: Has been involved over hundreds of years. The most well-known methods include: (TCM) Traditional Chinese Medicine, Ayurvedic medicine, Homeopathic medicine.¹

Holistic perspectives: This provides a framework for understanding how sentient beings, including humans, perceive and interact with the world. Holistic frameworks are centered around the concept that all beings simplify reality by intuitively assigning three of the six universal dimensions to their experiences, particularly when interacting with their environment.

Six universal reality dimensions

The Six Universal Reality Dimensions, as presented in the Theory of Holistic Perspective, describe the fundamental aspects through which all sentient beings perceive and engage with reality. The spectrum of our experiences and understandings.

Material and immaterial - existence/space: This dimension differentiates between what is tangible and physical (material) and what is conceptual or ideational (immaterial). It encompasses the physical objects and substances in our world as well as the thoughts, ideas, and concepts that do not have a physical form.

Internal and external - interconnections/holons: Incorporating the Internal and External dimension with the concept of holons, which are entities that are simultaneously wholes and parts of other wholes, highlights our interaction with reality through nested layers of complexity.² Holons exemplify how we perceive and influence our internal experiences and the external world. This distinction aids in understanding the interconnectedness of self with broader systems, emphasizing that our internal perceptions (thoughts, feelings, and intuitions) and external actions (interactions with the environment and others) are integral parts of a continuous spectrum of reality. By recognizing this we can better navigate the boundaries and interconnections between the internal and external, appreciating the complexity and interdependence of our existence.

Relativistic and reflexive – interaction/time: Relativistic Reality relates to the objective interaction of inanimate objects, following physical and natural laws, devoid of interpretation. The “Law of Least Resistance” describes this kind of interaction. This dimension is always in the present moment. Reflexive reality in contrast, involves subjective interactions based on intent, free will, and personal interpretation. The “law of eliminating discrepancies” describes this kind of interaction. This dimension is always in the past or future. By becoming aware of how these dimensions influence our perceptions, we can better navigate the challenges and opportunities presented.

Understanding biases and mental models: The Theory of Holistic Perspective enriches our approach to understanding biases and mental models by emphasizing the conscious recognition of how we intuitively assign the six universal reality dimensions to our experiences. This enhanced awareness is fundamental in identifying potential blind spots and limiting beliefs that can obscure our perception of reality. By acknowledging these automatic cognitive processes, we can begin to challenge and expand our mental models, paving the way for a more accurate and inclusive understanding of the world around us.

Seeing true reality: The Theory aims to encourage a more holistic view of reality by recognizing and integrating the material and immaterial, the internal and external, and the relativistic and reflexive dimensions of experience. This holistic viewpoint acknowledges the complexity and interconnectedness of all aspects of reality, encouraging a deeper appreciation for the ways in which we can experience and understand our existence.²

Promoting holistic decision-making: In promoting holistic decision-making, the Theory not only enhances personal growth and understanding but also equips us to navigate the complexities of modern life with greater empathy, compassion, and effectiveness. By embracing its framework, we can make decisions that are healthy decisions for a fuller appreciation of the diverse facets of reality, leading to outcomes that are beneficial for ourselves and the broader community.² The holistic perspective website offers a great deal of information that offers an in depth of how Holistic measures can be used for the client’s healing process. Please check out the graphs on how the holistic perspective works.

Case studies for alternative medicine

Evidence-Based Complementary and Alternative Medicine in Current Medical Practices.³ “The health-seeking behavior of people, especially in developing countries, calls for bringing all CAM healers into the mainstream by providing them with proper training, facilities, and backup for a referral. Evidence-based CAM

or (EBCAM) therapies have shown remarkable success in treating diseases. It necessitates the integration of modern CAM systems in terms of evidence-based information sharing. Although a synergistic effect of interaction between the two systems works large gaps in EBCAM still exist and are worth further studies to develop evidence for the best CAM practices for the common goal of improving the health of people”.⁴ Evidence-based complementary and alternative medicine (CAM),⁵ goes over the section of the PubMed Search box, type: Diabetes Mellitus, Type 2. Then filter to: Complementary Medicine and/or Dietary Supplements under Subjects. This strategy will produce results about alternative treatments for diabetes. For evidence-based articles, and for the filter under Article Type to: Randomized controlled trial, meta-analysis and clinical trial.

Conclusion

The two case studies will help doctors and practitioners determine the individuals to make a clear and concise care plan that will need specific techniques and therapies for their healing needs. Also, please go to the Holistic perspectives website, which is the rules that are listed under the title Holistic perspectives.² In my next article will be the continuation of Part III on Natural Medicine and Naturopathy Medicine along with their perspective and approaches. A discussion will be on the state and country laws that each doctor and practitioner should know about.

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None.

Conflicts of interest

The author declared that there are no conflicts of interest.

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