

# YOUR HEALTH

## How Alternative Medicine Can Help You

(NAPSA)—As health care costs continue to escalate, the popularity of alternative medicine surges across the country.

More than one-third of American adults have used complementary and alternative medicine, according to a survey from the National Institutes of Health's National Center for Complementary and Alternative Medicine. The survey showed 55 percent of respondents used alternative medicine because they believed it would help when combined with conventional medical treatments, 26 percent because it was suggested from a health care professional, and 13 percent because conventional medicine was too expensive.

According to HealthSaver experts, here are some popular alternative health regimens:

- **Acupuncture/Acupressure**—a method of healing developed in China some 2,000 years ago that stimulates various anatomical points on the body using thin, solid, metallic needles manipulated by the hands or electrical stimulation.

- **Chiropractic**—focuses on the relationship between bodily structure (primarily spine) and the preservation and restoration of health.

- **Biofeedback Therapy**—a technique that uses sophisticated electronic instruments to monitor some feature of physiological response (heart rate, breathing or muscle tension) and convert measurements into signals a person can perceive.



**Alternative therapies can bring health to thousands of people.**

- **Energy Balancing**—facilitating the flow of bodily vital forces, rejuvenating the nervous system and promoting internal relaxation. Through deep relaxation, healing energy dissolves layers of tension.

- **Homeopathic Medicine**—a medical therapy that uses minute doses of natural substances to stimulate a person's immune and defense system.

- **Meditation**—a wide range of practices that involve training one's attention or awareness so that body and mind can be brought into greater harmony.

- **Tai Chi**—a Chinese system of slow, meditative, physical exercise designed for relaxation, balance and health. Tai chi has been used as part of treatment for back problems, ulcers, and stress.

More information is available online at [www.healthsaver.com](http://www.healthsaver.com) or toll free by calling 1-800-7HEALTH.