

Published based on [Many Are Discovering Complementary Methods Of Healing](#)

Many Are Discovering Complementary Methods Of Healing

You can find them all over the Internet, in shopping malls, and at the supermarket. Natural compliments to over the counter and prescription drug therapies have grown in popularity in America recently. While it seems as if there is a drug for every health condition, a lot of people are rejecting these developments and choosing remedies that have existed for centuries. The options range from herbs to touch therapy to [zeolites](#). Many remedies can be used for other purposes other than treating medical conditions. The mineral, [zeolites](#) has been used in technology and conservation measures in addition to the medical field. Touch therapy is used to heal both mental and physical trauma. People are turning to natural remedies to replace and to compliment Western medicine.

Modern medicine has made amazing advances. Surgeries that just ten or twenty years ago took hours to perform can now be done in minutes with lasers. Recovery periods that were at one point days and weeks may now require just a single night in the hospital. The procedures have gotten safer, as well. When something can be done with a small incision large enough for only a laser, it cuts down on the chance of infection and side effects. While these advancements are incredible and have allowed many people to live longer, healthier lives, modern medicine should not discount the effects of ancient remedies. Pairing holistic remedies with modern technology can heal problems that either science alone cannot.

One of the greatest benefits of utilizing natural therapies is the comfort it offers the ill. Even skeptics who believe there is no valid healing occurring when a natural remedy is used will admit that many patients turn to complementary healing because they are pleasant. Some even believe this may be how the healing occurs. A person can reduce their stress through the use of a variety of natural methods; that reduction in stress will benefit their healing.

Natural methods increase a patients comfort level during a procedure or stressful time. A doctor can prescribe a muscle relaxer or mood enhancing drug when a patient is coping with anxiety about a medical procedure. However, there are also a variety of natural methods that may work just as well. The smell of lavender may ease their anxiety or meditation CDs may be able to relax them. An environment that uses color therapy will be a better place for recuperation than one that feels sterile and cold. While none of these methods will actually kill germs or stop cancer from growing, they can help make the body stronger. A patient that is not stressed will have an easier time combatting medical problems.

There are several options when it comes to curing illness and treating diseases. Often, the preferred option is a combination of modern medical techniques and ancient natural remedies. Together, each will enable a patient to battle illness and heal as effectively as possible. If you are suffering with pain or illness, consider using an alternative therapy in conjunction with your doctors orders.

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