

## Complementary Alternative Medicine (CAM) Therapy Descriptions

### Acupuncture

Acupuncture is an ancient technique in which a skilled practitioner inserts hair-thin needles into specific points on the body to prevent or treat illness and restore health by improving the flow of energy. Practiced for over 2,500 years in China, where it originated, acupuncture is part of the holistic system of Traditional Chinese Medicine.

### Exercise/Movement

Exercise/Movement specialties include yoga, Tai Chi, Pilates, personal training and other specialists who are trained in specific forms of movement designed to support a healthy lifestyle. These specialties are in addition to fitness center activities and focus on physical and mental well being. Classes may be held within fitness center facilities or in studios designed specifically for each specialty and can be either group or individual based.

### Massage & Bodywork

Massage & Bodywork therapy involves manipulation of the soft-tissues of the body (the muscles, skin, tendons, and connective tissue) or pressure points to promote proper circulation, energy flow and muscle relaxation. It helps to ease stress and muscular tension, relieve pain from injuries, and speed healing from certain acute and chronic conditions. Bodywork therapies include massage therapy, Alexander technique, Rolfing, Hellerwork and more.

### Holistic Physicians & Practitioners

Integrating the best of conventional and alternative treatments, holistic practitioners embrace the philosophy that a person's physical, mental, emotional, and spiritual well-being are all important – and interdependent – aspects of one's overall health. Holistic practitioners prefer to evaluate the "whole person" in an attempt to address both the current symptoms and the underlying cause or causes of an illness.

### Diet & Supplement Advisors

Diet and Supplement Advisors consist of Nutritionists, Dieticians, Homeopathic providers, Naturopaths and other practitioners who perform nutritional assessments for individuals and assist by designing therapeutic diets for patients. Diet and Supplement Advisors incorporate a wide range of natural treatment methods – rather than drugs or surgery – to stimulate the body's own healing powers. Therapies include diet and lifestyle modifications, nutritional supplements, homeopathy, detoxification and more.

### Mind/Body & Relaxation Techniques

Mind/Body & Relaxation Techniques address a person's whole being, acknowledging that emotional, mental, social, and spiritual factors are just as important as physical symptoms in understanding and treating disease. Mind/Body skills and relaxation instructors are catalysts and guides in making people active participants in their own health care by facilitating personal growth, self-awareness and transformation.

### Chiropractic

The best known and most widely used alternative therapy in the United States today, chiropractic focuses on the manipulation of the spine and other joints to help treat a variety of problems involving bones, joints, muscles, ligaments and tendons.