

## Alternative Therapies and Medicines

What types of alternative medicines and therapies do the pictures show?



\*Match the alternative therapies with their descriptions:

reiki
homeopathy
acupuncture
Ayurvedic medicine
hypnosis
massage
meditation
aromatherapy
diet therapy

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| <ol style="list-style-type: none"> <li>1. It consists of various postures and breathing exercises which help in improving flexibility and in promoting relaxation.</li> <li>2. It involves the insertion of very fine and thin needles into the skin at specific points along a person's body. These needles are then manipulated by hand or by electrical stimulation to remove the blocked energy flow and re-achieving the person's balance.</li> <li>3. It is the traditional Hindu system of medicine practiced in India for more than 5,000 years. Practitioners use a whole lot of techniques like herbal remedies, diet therapy, massage therapy, breathing exercises and meditation to restore the imbalance in the body's system which are responsible for illness and maintain a healthy life energy.</li> <li>4. A substance that causes disease symptoms in an average person may, is diluted and administered in to a person who is ill. It</li> </ol> | <ol style="list-style-type: none"> <li>promote the same set of symptoms and initiate a healing response.</li> <li>5. It's a mind and body practice which puts a person in an altered state of consciousness to facilitate behavioural or emotional changes in the person</li> <li>6. Therapists manipulate a person's muscles and other soft tissues by rubbing and kneading muscles and joints in the body to promote health and wellness.</li> <li>7. It's a mind body practice used to relieve stress and promote relaxation. It involves clearing the mind of all thoughts.</li> <li>8. It uses a variety of diets to improve health and treat certain health conditions.</li> <li>9. It's a healing method which uses aromatic plant extracts and essential oils e.g. lavender, peppermint.</li> </ol> |
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