Alternative Therapies and Medicines

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

A

B

C

D

E

***Match the alternative therapies with their descriptions:**

reiki	homeopathy	acupuncture	Ayurvedic medicine	hypnosis	massage	meditation	aromatherapy	diet therapy

1. It consists of various postures and breathing exercises which help in improving flexibility and in promoting relaxation.
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.
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.
4. A substance that causes disease symptoms in an average person may, is diluted and administered in to a person who is ill. It promote the same set of symptoms and initiate a healing response.
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
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.
7. It's a mind body practice used to relieve stress and promote relaxation. It involves clearing the mind of all thoughts.
8. It uses a variety of diets to improve health and treat certain health conditions.
9. It's a healing method which uses aromatic plant extracts and essential oils e.g. lavender, peppermint.