

Conventional vs alternative medicine

Introduction

Conventional medicine — a system in which medical doctors and other healthcare professionals (such as nurses, pharmacists, and therapists) treat symptoms and diseases using drugs, radiation, or surgery. Also called allopathic medicine, biomedicine, mainstream medicine, orthodox medicine. Conventional medicine is taught at Universities.

Advantages of telemedicine

- enables video or phone appointments between a patient and a health care practitioner
- convenience

[expand telehealth options, provide virtual appointments, request a virtual visit, no need to take leave time from work]

- control of infectious illness

[prescreen patients for possible infectious disease, less exposure to other people's germs]

- better assessment

[a patient in his home environment, virtual counseling]

- family connections

[telemedicine can loop a family member in on the virtual visit]

- condition management

[easy to connect with a doctor or a nurse practitioner]

Alternative medicine is any of various systems of healing or treating disease (chiropractic, homeopathy, faith healing) not included in the traditional medical curricula of medical universities.

Alternative medicine includes any practise based on historical or cultural traditions rather than scientific evidence. Although a large number of therapies are contained under the umbrella term, alternative medicine is characterised by practises which include a focus on individualising treatments, treating the 'whole person', promoting self-care and self-healing and recognising the spiritual nature of each individual. Despite its increased use and popularity, alternative therapies have been tested with varying results and still have many critics.

Forms of alternative medicine: treatment and problems

- **herbalism**

[medical use of plants, plant extracts, a variety of diseases]

- **hypnotherapy**

[a therapeutic technique, do research into hypnosis, hypnotherapist, get into hypnotherapy, unconscious state, talk sb into a semi-hypnotic state, follow commands, answer questions, physical and emotional problems, addictive behaviour, feeling of great power, creative possibilities of our subconscious, ...]

- **acupressure**

[treat stress-related conditions, boost the immune system, improve circulation]

- **acupuncture**

[promote general health, relieve pain and treat, prevent disease]

Reasons people use alternative therapies

[non-toxic, help people feel better, calm emotions, relieve anxiety, increase general sense of health and well-being, take a more active role in treatment and recovery, improve your quality of life, feel positive for the future, ...]

Conclusion

Recommended vocabulary

individualizing treatments
herbalism
hypnotherapy
acupressure
acupuncture
a first-aid kit
basic medical training
deterioration in diet
an old hand at

to lead a healthy lifestyle
to promote self-care
to recognize the spiritual nature of
to treat stress-related conditions
to boost the immune system
to promote general health
to relieve pain
to up appetite
to attest to
to get to grips with
to tone up
to greet a respite
to try out
to get an enormous kick out of...
to be frowned upon
to indulge their habit
to egg sb on
to be desperate to kick the habit
The urge slowly comes back.
It can't be down to diet.
to suffer debilitating injuries
sedentary
dismissive
agile
apprehensive