

Cultural Daily

Independent Voices, New Perspectives

Emerging Trends in Alternative Medicine and Wellness Practices

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Alternative medicine has been widely in use during the past decade. However, there's still so much we don't know about it. Alternative medicine is basically a wide range of medical practices not accepted by western medicine or verified by studies. The early definitions of alternative medicine defined it as treatment that is not taught widely in medical schools, not generally used by hospitals, and not necessarily reimbursed by insurance. Considering the developments in alternative medicine in the last 20 years, this definition is probably going to change soon.

Alternative medicine dates back to ancient Chinese medicine and Indian Ayurvedic medicine. These philosophies are still in practice today, but they've also given way to new experiences and methods that are more accessible and convenient for the modern individual. Yoga and herbalism, the use of plants to prevent or treat illness, are wellness practices stemming from ancient Chinese and Indian Ayurvedic medicine. These philosophies believed in balancing the body's innate vital energies, which is a concept still being used in developing new alternative medicines.

Emerging Trends

Alternative medicine has always been used, but it's now becoming increasingly accessible. In fact, alternative and contemporary medicine is now also being incorporated into traditional ways of treatment, ushering in a new era of medicine.

Aromatherapy

Aromatherapy has been practiced for centuries. It involves using essential oils for therapeutic benefits. When inhaled, the scents from liquids and oils travel from the olfactory nerves directly to the brain, impacting the brain.

When absorbed by the skin during massages, these oils help relax tight muscles. Nowadays, skincare companies have started using these aromatic oils in their products, such as bath salts. Clinical trials have shown that aromatherapy has alleviated conditions like **anxiety**, depression, nausea, and insomnia.

Ibogaine Therapy

Ibogaine is a novel medication derived from the roots of the rainforest shrub *Tabernanthe iboga*. This plant is a psychoactive drug indigenous to West Africa and is traditionally used in spiritual,

religious, and healing ceremonies.

Ibogaine treatment has shown remarkable effects in treating various substance abuse disorders, including addiction to heroin, prescription opioids, cocaine, methamphetamine, fentanyl, and alcohol.

Ibogaine has also helped people struggling with anxiety, depression, and PTSD. Ibogaine initiates an introspective episode when it enters the body, creating a deeply personalized experience and helping patients uncover the underlying reasons behind their issues.

Medical Marijuana

The use of medical marijuana has been extensively growing over the last 20 years. In fact, many states in the US have also legalized the use of medical marijuana in certain cases. You can purchase up to 20 fluid ounces of medical cannabis with a valid condition and [medical marijuana card](#).

Conditions that [medical marijuana](#) can help with include Aids/HIV, Alzheimer's Disease, chronic pain, cancer, Crohn's disease, epilepsy, Parkinson's Disease, and more.

The ideal way to consume marijuana for medicinal purposes is through edible products like squares, tinctures, and lozenges, or tinctures.

Hydrotherapy

Hydrotherapy involves health-oriented [water baths](#) and drinking spa water. It became popular in the nineteenth century thanks to a farmer, Vinzenz Priessnitz, who believed the water on his land could heal. This healing power of water has also been connected to religious places.

While Western practitioners agree that being immersed in water is relaxing for the mind and body and can directly improve injuries and diseases, they do not generally believe in water's healing powers.

New Trends in Medicine

Other emerging alternative medicines include hypnosis, massage or physical therapy, naturopathy, radisthesis, reflexology, shiatsu, biofeedback, osteopathy, and acupuncture. New trends in alternative medicine and wellness practices have been emerging rapidly and growing around the world, becoming more accessible and convenient over time.

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