Complementary therapies are systems of healthcare that treat the whole person, not just the symptoms of their disease.

Your doctor may recommend a complementary treatment or therapy if it might be of benefit to you.

Discuss the use of any complementary medicines with your doctor in case there are any harmful effects from interactions with medications you are using or health conditions you may have.

Complementary therapy is known by many different terms, including alternative therapy, alternative medicine, holistic therapy and traditional medicine.

A wide range of treatments exists under the umbrella term of ‘complementary therapy’, which makes it difficult to offer a blanket definition. Complementary therapies are ones used alongside conventional medical treatments.

Some therapies or modalities are based on principles that are not recognised by conventional medicine, but have an established evidence base and have been proven to work for a limited number of health conditions.

Alternative therapies are treatments that are used in place of conventional medicines or treatments. There is no scientific or medical evidence for many of these therapies, and they may be unsafe or cause harmful side effects.

Complementary therapies and conventional medicine

Conventional medicine is based on rigorous science and evaluation. Traditionally this has not been the case for complementary therapies, but in more recent times there has been a move to apply science to better understand how many complementary therapies work.

You don’t have to choose between conventional medicine and your preferred complementary therapy. They can often work well alongside each other. However, it is important to tell your doctor and your complementary therapist of all drugs, treatments and remedies you take or use. Herbs can sometimes interact with prescription drugs and cause side effects.

Never stop taking prescribed medications, or change the dose, without first discussing the matter with your doctor.

See also complementary therapies safety and legal issues.

Use of complementary therapies

Complementary therapies are widely used in Australia. A survey conducted by NPS MedicineWise in 2008 revealed that 65 per cent of Australians had used one or more complementary medicines in the previous 12 months.

Complementary therapies are often based on traditional knowledge, which is one reason why there is less scientific evidence available about their safety and effectiveness.

However, the increasing use of complementary therapies has begun to trigger scientific research and some complementary therapies now have some scientific evidence about their safety and effectiveness, in addition to their history of traditional use.

Sometimes, complementary therapies are less invasive and more cost-effective than conventional medical treatments. Nonetheless, it’s still important to ask your healthcare professional about the potential benefits and harms of any complementary therapy before using it.

Many natural and complementary medicines are readily available and can mistakenly be considered safe because they are natural products. However, they can still cause strong negative effects in some people, including severe allergic reactions.

Many complementary medicines have a range of active ingredients to be aware of that people may not recognise, and cases of contamination have been reported. For these reasons, it’s important to consider seeking advice from a qualified health professional before using a complementary medicine or therapy.

In general, do not use herbal medications in children and if you are pregnant, attempting to become pregnant, or breastfeeding.

Philosophies of complementary therapies

Complementary therapies tend to share a few core beliefs, including:

- Illness occurs if the body is out of balance.
- The body can heal itself and maintain a healthy state if given the right conditions.
- The whole person should be treated, not just the disease or the symptoms.
- The gentlest therapies must be tried first before harsher ones.
- There is no quick fix, since healing and balance take time.
Natural products are preferable to synthetic ones.

Examples of complementary therapies

Some of the more popular complementary therapies include:
- acupuncture
- Alexander technique
- aromatherapy
- herbal medicine
- homeopathy
- naturopathy
- Reiki
- yoga

Why people use complementary therapies

People may have more than one reason for choosing a complementary therapy and they may use other strategies at the same time to enhance their health. Some of the reasons for using complementary therapies include:
- achieving and maintaining good health
- as an aid to the performance of everyday tasks
- dissatisfaction with conventional medical practices
- unsatisfactory doctor–patient relationships
- the desire to take charge of your own health and medical problems
- the increase in easy-to-access consumer health information, including health information on the internet
- evidence of the benefits and safety of some complementary medicines and therapies
- dissatisfaction with limited success rates or adverse side effects of prescription medicines
- the desire to receive healthcare that treats the whole person and not just their symptoms (it’s worth noting that both complementary healthcare practitioners and some conventional health professionals actively endorse holistic care).

Studies show that the most frequent users of complementary therapies include well educated women, high-income earners and people with chronic conditions. They also show that many people use complementary therapies and medicines because of their cultural traditions and beliefs.

How to choose a complementary therapy practitioner

Some suggestions for finding a reputable practitioner include:
- Contact the professional association for your chosen therapy and ask for a list of members in your area.
- Ask your doctor for a referral.
- Ask your friends for word-of-mouth recommendations.
- Check the Australian Health Practitioner Regulation Agency (AHPRA) website.
- During the first visit with your practitioner, ask about their training and qualifications.
- Be very cautious about any practitioner who advises you to abandon your conventional medical treatment.

Where to get help

- Your doctor
- Pharmacist
- Medicines Line (Australia) Tel. 1300 MEDICINE (1300 633 424) – for information on prescription, over-the-counter and complementary medicines

References

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Complementary and alternative care

The following content is displayed as Tabs. Once you have activated a link navigate to the end of the list to view its associated content. The activated link is defined as Active Tab

- Safe use of complementary therapies
- Alternative systems and therapies
- Body movement and massage
- Mind body practices
- Herbs and supplements

Safe use of complementary therapies

- Complementary medicines - tell your healthcare professionals
Tell your healthcare professionals about all medicines you take, including complementary medicines.

- Complementary medicines - the risks of buying online
  Purchasing complementary medicines online can seem attractive. Countless sites on the Internet offer a range of treatments, usually at very cheap prices. However, using products bought from online... 

- Complementary therapies
  Complementary therapies aim to treat the whole person, not just the symptoms of disease...

- Complementary therapies - choosing a practitioner
  When choosing a complementary therapist, think about your goals and ask your medical doctor for a recommendation...

- Complementary therapies - safety and legal issues
  Complementary therapies are not always safer than conventional medical treatments, even if they seem more 'natural'...

- Medicines and side effects
  Complementary medicines can interact with pharmaceutical medicines...

- Seeing a complementary health practitioner
  It is important that you tell your doctor about any complementary medicine products and therapies you are using...

**Alternative systems and therapies**

- Acupuncture
  Acupuncture is part of traditional Chinese medicine and consists of inserting fine needles into specific points on the skin...

- Ayurveda
  Ayurveda is an ancient healing system from India that uses a range of techniques to treat illness and encourage wellbeing...

- Chinese herbal medicine
  The principles of Traditional Chinese Medicine are very different from traditional Western notions about health, illness and the workings of the body...

- Chiropractic
  Chiropractic treatment can be clinically effective for many problems of the skeleton and muscles, such as back pain and headache...

- Complementary therapies
  Complementary therapies aim to treat the whole person, not just the symptoms of disease...

- Homeopathy
  Homeopathy is a form of alternative medicine that claims to stimulate and strengthen the body's ability to heal itself...

- Kambo
  Kambo is a poison used as a traditional medicine in purging or cleansing rituals. There is a risk of serious adverse reactions, especially if kambo enters the blood stream...

- Kinesiology
  Kinesiology uses muscle monitoring to look at imbalances that may be causing disease in the body...

- Menopause and complementary therapies
  The use of complementary therapies to manage menopausal symptoms is popular, but the sources of information available to consumers are of variable quality and reliability...

- Naturopathy
  Naturopathy uses a range of treatments to stimulate your body's own healing powers...

- Osteopathy
  Osteopathy recognises the importance of the musculoskeletal system to a person's health and wellbeing...

- Reflexology
  Reflexology is massage of the feet that aims to promote healing in other areas of the body...

- Reiki

betterhealth.vic.gov.au
Reiki is a natural form of therapy that uses non-invasive gentle touch to promote feelings of wellbeing.

Body movement and massage

- Alexander technique
  The Alexander technique stresses that movement should be economical and needs only the minimum amount of energy and effort.

- Bowen therapy
  Bowen is a holistic remedial body technique that works on the soft connective tissue (fascia) of the body. Bowen therapy can be used to treat musculoskeletal or related neurological problems including...

- Massage
  One of the immediate benefits of massage is a feeling of deep relaxation and calm.

- Pilates and yoga - health benefits
  Yoga and Pilates both improve muscular and postural strength.

- Qi gong (video)
  For centuries, Eastern cultures have practised various forms of stress reducing exercises, such as yoga and tai chi, but here's one that you may not have heard about - Qi gong.

Mind body practices

- Hypnosis
  You can't be hypnotised into doing things against your will or forced into a hypnotic state.

- Meditation
  Meditation techniques can promote a sense of calm and heightened awareness.

- Qi gong (video)
  For centuries, Eastern cultures have practised various forms of stress reducing exercises, such as yoga and tai chi, but here's one that you may not have heard about - Qi gong.

- Tai chi - health benefits
  People of all ages and fitness levels can practice tai chi and may gain health benefits.

Herbs and supplements

- Aromatherapy
  The different smells and chemical constituents of aromatherapy oils can produce different emotional and physiological reactions.

- Chinese herbal medicine
  The principles of Traditional Chinese Medicine are very different from traditional Western notions about health, illness and the workings of the body.

- Complementary medicines - tell your healthcare professionals
  Tell your healthcare professionals about all medicines you take, including complementary medicines.

- Complementary medicines - the risks of buying online
  Purchasing complementary medicines online can seem attractive. Countless sites on the Internet offer a range of treatments, usually at very cheap prices. However, using products bought from online.

- Kambo
  Kambo is a poison used as a traditional medicine in purging or cleansing rituals. There is a risk of serious adverse reactions, especially if kambo enters the bloodstream.

- Tea leaves and health
  More research is needed to discover the exact health benefits of tea drinking.

- Vitamin and mineral supplements
  Taking vitamin supplements is no substitute for a healthy diet.

- Vitamins - common misconceptions
  There is no evidence that any one vitamin can slow ageing, restore sex drive or cure infertility.
Related Information

- Complementary therapies - choosing a practitioner
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- Herbal medicine
  Some herbs have potent ingredients and should be treated with the same care and respect as pharmaceutical drugs...

Home

Related information on other websites

- ABC of complementary medicine
- Australian Traditional-Medicine Society
- National Prescribing Service - Medicine Update
- Therapeutic Goods Administration

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