



CHOOSING COMPLEMENTARY ALTERNATIVE MEDICINE IN A PHARMACEUTICALLY CHARGED CLIMATE

Holistic Alternative Medicine is the Future of our Health

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ABSTRACT

With Hundreds of thousands of deaths annually due to over dosing with pharmaceuticals and addressing opioid addiction, the time has come to take a stand for our individual health with alternative medical resources.

Living in today's society is a privilege when speaking in regards to the options of health care. Though we as a society have many years ahead of us as far as finding balance of universal healthcare for all humans to take advantage of on a financial level as well as with equality, we certainly have made leaps and bounds regarding the viability of options for healing a plethora of ailments the body endures. Setting aside the financial aspect and fairness or equality of all humans receiving basic healthcare, let's look at the amazing advancements continuously made as a team of researchers and scientists, doctors and health care workers tirelessly engage in the field of healing the human body over the last few decades. Now more than ever, we have the opportunity to learn of the body and the ailments humans are suffering from. Whether an acute injury, or chronic condition, a mild or severe pain the body is exhibiting, we have the knowledge at our fingertips (thanks to the internet sharing millions of articles) to solve the conundrum of the failing body systems due to imbalances, to move forward toward healing and living healthfully.

There are a multitude of avenues to travel when looking toward living healthy as well as healing the body. Many years of research has proven the variety of options can be beneficial, depending the commitment of healing the client is willing to participate with. Many years of studying the human body has led the health care field to the advancement of knowledge that pharmaceutical drugs can be helpful on a short term basis (though often a band-aid) and they can also be highly addictive if abused or used long term. Many years of studying alternative medicine has lead the health care teams around the world to agree there are many benefits for complimentary medicine to help the human body toward honoring a healthy body long term as well as natural healing when imbalances arise.

What is Complementary Medicine? What is Alternative health care? What is Holistic Healing? Before explaining what these are or how to choose what is right for your body, your practice and your health, we first need to define what these forms of preventative health care measures are to allow for informed decisions to be available to make for yourself and your family. Let's take a deep dive into these different forms of alternative and holistic health care to elaborate your options for your health without the use of narcotics, opioids, and pharmaceuticals which kill hundreds of thousands of humans annually, also leaving many thousands addicted to these substances leading to a one of the worst crisis of substance abuse in history. Of the 784,000 annual deaths in the US with conventional medicine mistakes, about 106,000 of those are a result of prescription drug use -according to the Journal of American Medical Association. Some of those deaths are not immediately killing the patient, rather slowly killing the cells of the body and mind putting the people in an indirect subconscious haze by desensitizing sensations and symptoms with masking the root cause of the original problem. When the symptoms are gone, the signals the human body is trying to share are lost. The body is trying to find its way to balance, that it needs attention to become healthy again. Masking the symptoms and sensations of the imbalances the body is attempting to share is disadvantageous; which can complicate further health issues, leading to more misinformation, and/or additional unnecessary prescriptions.

Many different areas or fields of medicine incorporate the practice of complementary and alternative medicine (CAM). Complementary medicine is a vast field of health care with a plethora of providers seeking to help the client toward living a healthy life as well as searching to discover the root causation the body system is exhibiting when out of balance. Finding the root issues with health concerns will ultimately help the body to reconnect to bring the body to balance when

looking at the system as a whole. In addition, many parts of one field of CAM may overlap with the parts of another field. For example, Acupuncture is used in conventional medicine. Manual Osteopathy, Chiropractic, and Naprapathy are all examples of observing the body system as a whole unit to bring balance and has been shown to greatly improve the overall wellness of the body on a physiological and neurological level. These forms of healing are often recommended by an MD. In a recent study with preventative and alternative care, it was found that in the U.S., CAM is used by about 38% of adults and 12% of children. Some examples of CAM include: Traditional alternative medicine. This field includes the more mainstream and accepted forms of therapy, such as acupuncture, homeopathy, and Oriental practices. These therapies have been practiced for centuries worldwide. Traditional alternative medicine may include: Acupuncture, Ayurveda, Homeopathy, Naturopathy, Soft Tissue Manipulation, Joint Therapy Integration, Massage and body work, Physical Therapy, Body movement therapies, Tai chi, Yoga. Holistic Alternative Medicine, Chinese or Oriental Medicine, Herbal use vs. Synthetic medicine. Pharmaceutical drugs are specific in their actions and targeting of pathologies whereas herbal medicinal properties can have a broad range of effects on the physiological system. There are some “drug-like” plant remedies whose actions approach those of pharmaceuticals.

The Body. Touch has been used in medicine since the early days of medical care. Healing by touch is based on the idea that illness or injury in one area of the body can affect all parts of the body. If, with manual manipulation, the other parts can be brought back to optimum health, the body can fully focus on healing at the site of injury or illness. Body techniques are often combined with those of the mind. Examples of body therapies to bring the body into balance would be the alternative support system of wellness providers with complementary providers in body work, fitness and exercise, physical therapy, osteopathy, naprapathy, chiropractic, naturopathy. Each of these providers are looking to compliment the physical body back into balance.

Regarding Nutrition Over the centuries, man has gone from a simple diet consisting of meats, fruits, vegetables, and grains, to a diet that often consists of foods rich in fats, oils, and complex carbohydrates. Nutritional excess and deficiency have become problems in today's society, both leading to certain chronic diseases. Many dietary and herbal approaches attempt to balance the body's nutritional well-being. This can range from treatments to bring balance and attention to detox the body of harmful substances such as metal toxicity and the plethora of nutrient deficiencies due to improper diet. Dietary and herbal approaches to balance the body may include: Dietary supplements, Herbal medicine, setting and recalibrating individual Nutrition/diet per client, in addition to recommending movement and exercise.

External energy balancing. Some people believe external energies from objects or other sources directly affect a person's health. An example of external energy therapy is: Electromagnetic therapy, Reiki, Qigong. There is evidence indicating the balance and improvement of the human body when looking before and after sessions.

Mindful Practices. Even standard or conventional medicine recognizes the power of the connection between mind and body. Studies have found that people heal better if they have good emotional and mental health. Therapies using the mind may include: Meditation, Biofeedback, or Hypnosis. Traditional psychotherapy is also used to help balance the mind.

Sensory Therapy. Some people believe the senses, touch, sight, hearing, smell, and taste, can affect overall health. Examples of therapies incorporating the senses include: Art, dance, and music, Visualization and guided imagery. Moving the energy stored in the body can be beneficial as well as moving stagnation.

Osteopathic Treatment. As a treatment, osteopathic manipulation attempts to improve joint range of motion and balance tissue and muscle mechanics in order to relieve pain. Osteopathy addresses the body as a whole, to guide the body into balance. Manipulation Techniques by a Doctor of Osteopathic Medicine and Manual Osteopathic Practitioners, are able to address many body challenges. There are numerous manipulation techniques a **Doctor of Osteopathy (DO)** may use. Common forms of manipulation used today that a patient may encounter include: Cranial-sacral, Counter-strain, [High velocity-low amplitude \(HVLA\)](#) (the classic "thrust" technique), Muscle energy techniques, [Myofascial release](#), Ligamentous release, Lymphatic pump, Soft tissue techniques, Visceral Techniques, Joint traction techniques, Low velocity manipulation. With the patient sitting or lying down on a table, the doctor of osteopathic medicine will gently apply a precise amount of manual pressure in a specific direction. The pressure is applied either directly in the affected areas or at some distance away. It is used to put the tissues at ease (relaxed) or to engage them at their functional limit in order to effect the following: Treat structural and tissue abnormalities (vertebrae, muscles, myofascial structures, etc.), Relieve joint restriction and misalignment, Restore muscle and tissue balance, Promote the movement of bodily fluids.

Naprapathic manual therapy. In Naprapathic manual therapy, a combination of manual techniques (such as massage, muscle stretching, spinal manipulation and spinal mobilization) are used to increase physical function and decrease pain in the neuromusculoskeletal system. Feb 5, 2010. Doctors of Naprapathic Medicine (Doctors of Naprapathy) are treating connective tissue disorders with neuromuscular techniques, CTM Therapy (connective tissue manipulation therapy), adjunctive therapies (such as electro-therapy, ultrasound, soft laser, infrared, hot/cold packs), therapeutic exercises, orthopedic appliances and supports, traction. Doctors of Naprapathy are also performing nutritional counseling, assessing patients' diet through case history and various clinical tests (e.g., nutritional blood work) to establish optimal recommendations for your diet and supplement intake. The various conditions treated by doctors of Naprapathic Medicine include low back pain, shoulder pain, joint pain, neck pain, headaches, tennis elbow, whiplash, fibromyalgia, sciatica, spasms, sprains/strains, and TMJ (Tempromandibular Joint Pain). Some Doctors of Naprapathic Medicine specialize in Sports Medicine. Naprapaths are as example the largest group of therapists of orthopedic manual medicine in Sweden.

Chiropractic medicine is based on the link between the alignment of the spine and the function of the body. A core tenant of chiropractic medicine is the belief that the body has the ability to heal itself if given proper support. The word chiropractic comes from the Greek words *cheir* and *praxis* meaning **hand** and **practice**. The words refer to treatment done by the hands or hands-on therapy. With use of manual manipulation of the spine, chiropractors believe they can improve a person's health without surgery or medicine. Some chiropractors also prescribe exercises to do at home. Chiropractors may do lab testing, diagnostic imaging, and other testing. Some also practice nutrition and complementary medicine. Treatment may involve lying on your stomach on a special table, while the chiropractor uses his or her hands and elbows to realign the spine. Chiropractic treatments have proven to be effective in treating certain lower back pain symptoms and muscle and other bone pains.

Body movement: Nonaerobic movement with controlled breathing may be done to help reduce stress and anxiety often linked to disease and illness. The Eastern medicine body movement techniques most well-known include Tai chi and yoga. Tai chi is an ancient form of martial art. It is based on a Chinese belief system of the health and spiritual benefits from practicing slow, graceful yet precise movements coupled with rhythmic breathing. Tai chi is sometimes referred to as moving meditation. Practitioners move their bodies slowly, gently, and with awareness, while breathing deeply. It is well-suited for the elderly or those with balance difficulties. Tai chi may help: Decrease blood pressure, Increase stamina, muscle tone, and flexibility, Improve posture, balance, muscle mass, and strength, particularly in the elderly. **Yoga:** An ancient posturing and breathing technique originating from India. It uses slow, movement, meditation and breathing exercises to reach a state of relaxation. Hatha yoga is common in the United States and Europe. It uses postures (asanas) and breathing exercises (pranayama). Some of the other major styles of hatha yoga include Iyengar, Ashtanga, Vini, Kundalini, and Bikram yoga. Yoga may help to Reduce stress, Reduce pain associated with some chronic illnesses, Reduce insomnia, Improve stamina, Enhance quality of life by brining the mind and body to connect.

Biofeedback is a mind-body technique that uses various forms of monitoring devices to create conscious control over physical processes that are normally under automatic control of the body. The processes that can be affected in this manner can include: Blood pressure, Heart rate, Heart rate variability, Body temperature, Breath control, Muscle tension, Sweating, Feelings related to stress, anxiety, and pain. Some symptoms related to attention deficit hyperactivity disorder (ADHD). The idea of controlling body functions with the mind is not new. Many Eastern philosophies, such as yoga, are based on the belief that meditation and visualization can lead to control over automatic physical processes. In its modern applications, numerous types of biofeedback instruments are available that display the effectiveness of the therapy as it is being done and can be used to monitor the progress of the activity. Biofeedback is most often used with instruments that measure: Blood pressure, Brain waves, Breathing rate, Heart rate and heart rate variability, Muscle tension, Skin conductivity of electricity, Skin temperature.

Hooked up with electrodes to electronic equipment, a person's breathing rate, perspiration, skin temperature, blood pressure, and heartbeat are measured. The results are displayed on a

computer screen. Specific devices are used to measure each body change, including: Electromyogram (EMG). This is used to measure muscle tension. Electro-dermal activity (EDA). This is used to measure changes in perspiration rate. Finger pulse measurements. These measure blood pressure and heartbeat. Electroencephalogram (EEG). This is used to measure electrical activity in the brain. In addition, both the rhythm and volume of breathing are measured. Once a person's body signals are recorded with the electronic devices, a biofeedback technician or computer feedback may recommend both physical and mental exercises to gain control. Biofeedback technicians are trained and nationally certified. Biofeedback is most helpful to reduce stress and promote relaxation. It is also under investigation for conditions such as urinary incontinence, migraines, and other headaches.

Traditional Chinese medicine (TCM) is thousands of years old and has changed little over the centuries. Its basic concept is that a vital force of life, called Qi, surges through the body. Any imbalance to Qi can cause disease and illness. This imbalance is most commonly thought to be caused by an alteration in the opposite and complementary forces that make up the Qi. These are called yin and yang. Ancient Chinese believed that humans are microcosms of the larger surrounding universe, and are interconnected with nature and subject to its forces. Balance between health and disease is a key concept. TCM treatment seeks to restore this balance through treatment specific to the individual. It is believed that to regain balance, you must achieve the balance between the internal body organs and the external elements of earth, fire, water, wood, and metal. Treatment to regain balance may involve: Acupuncture, Moxibustion (the burning of herbal leaves on or near the body), Cupping (the use of warmed glass jars to create suction on certain points of the body), Massage and body therapy, Herbal remedies, Movement and concentration exercises (such as tai chi, yoga).

Acupuncture is a component of TCM commonly found in Western medicine and has received the most study of all the alternative therapies. Some herbal treatments used in TCM can act as medicines and be very effective but may also have serious side effects. In 2004, for example, the FDA banned the sale of dietary supplements containing ephedra and plants containing ephedra group alkaloids due to complications, such as heart attack and stroke. Ephedra is a Chinese herb used in dietary supplements for weight loss and performance enhancement. However, the ban does not apply to certain herbal products prepared under TCM guidelines intended only for short-term use rather than long-term dosing. It also does not apply to OTC and prescription drugs or to herbal teas.

If you are thinking of using TCM, a certified practitioner is your safest choice. The federally recognized Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM) accredits schools that teach acupuncture and TCM. Many of the states that license acupuncture require graduation from an ACAOM-accredited school. The National Certification Commission for Acupuncture and Oriental Medicine offers separate certification programs in acupuncture, Chinese herbology, and Oriental bodywork. TCM should not be used as a replacement for conventional or allopathic treatment, especially for serious conditions, but it may be beneficial when used as complementary therapy. Since some TCM herbal medicines can interfere or be toxic when combined with Western medicines, you should inform your doctor if you are using TCM.

Massage: Massaging, pressing, and grasping areas that hurt is a natural human response. Other mammals have the same reaction. Massage is based on the same idea: The manipulation of soft tissue (the muscles), helps reduce pain and aids healing. Massage is found to be helpful both physically and emotionally. The manipulation of soft tissue soothes sore muscles and releases tension in the body and mind. Massage therapy has been found to be helpful in the treatment of: Back pain, Anxiety, High blood pressure, Migraines and headaches, Carpal tunnel symptoms, Side effects of cancer and cancer therapy, hyper tension, issues with circulation, stress management, decrease of pain, balancing of hormones. Massaging muscles and soft tissue stimulates the nerves. It also increases blood flow and relieves stress in the muscles. Over the centuries, many massage techniques have developed including: **Swedish massage.** This massage technique involves the use of long, smooth strokes. The strokes knead and compress the muscles with deep circular movements, vibration and tapping. **Shiatsu.** This Japanese form of massaging is a form of acupuncture. It involves putting pressure on certain key points of the body. **Thai massage.** This massage technique also involves the use of yoga and certain Chinese traditional medicine methods, **Sports Treatments, Medical Massage.**

Massages are usually given in a quiet room, with soothing background music. A person usually lies down on a massage table or in a massage chair. Massage uses a group of manual techniques, made up of both fixed and moveable pressure. Massage therapy is regulated by law with specific guidelines in 44 states and the District of Columbia. The National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) has set up standards of practice and also gives a board certification exam. In 2013, the NCBTMB established board certification. This is the highest attainable credential for massage therapists today. The NCBTMB states that to become board certified, you must meet these requirements: Pass the Board Certification Exam, Complete 750 hours of education, Complete 250 hours of professional hands-on experience, Pass a thorough national background check, Maintain a current CPR certification, Agree to uphold NCBTMB Standards of Practice and Code of Ethics,

Now that we have the knowledge of the variety of options widely credited and available for the health care for our bodies, one can look toward the community of health care to discover which avenues might be suited best for each individual. If one is uncertain where to begin, it can be said that word of mouth referral is best. Speak to a friend or family member for a direct referral about the services they use. When looking up information on the internet, it is found that most clinics and private practices have websites with their information to show the credentials. One can check with their personal doctor what they might recommend for treatment, or whom might be a good resource. There are a plethora of options to help manage pain, reduce stress, set goals for self-care, and manage individual plans toward health and wellness. Each of the alternative health care practices listed have a group of dedicated individuals in the medical field with an educational background supporting and managing the care of their clients' health with regulated systems and checks through credentialing within their profession. With the availability of sustainable and healthful living at our grasp with qualified providers, it is essential to choose to step into individual accountability to live within the body finding natural, healthy options to live in balance.

Looking at the pharmaceutical pandemic, this excessive over- prescription usage is taking over society at an astonishingly rapid rate. Prescriptions for pharmaceutical products is killing hundreds of thousands of people annually. More people die annually of over dosing on prescription drugs than any other form of drug use. The drug use from prescriptions often leads to addiction and use of other harmful substances. These drugs are often so addictive, that when the prescription runs out, the human body is now addicted, leaving people to search for alternatives to get the same response to reduce pain. It is a terrible cycle. The big pharmaceutical companies are finally being pressured to be accountable for destroying the lives of so many people.

Drug use – Opioids accounted for the highest number of overdose deaths, followed by synthetic opioids, excluding methadone, which was linked to the lowest number of overdose deaths. A record high 96,779 drug overdose deaths occurred between March 2020 and March 2021, representing a 29.6% rise, new statistics from the U.S. Centers for Disease Control and Prevention's National Center for Health Statistics found. The numbers are provisional, and the CDC's estimate for predicted deaths totals more than 99,000 from March 2020 to March 2021, *CNN* reported. "It is important to remember that behind these devastating numbers are families, friends, and community members who are grieving the loss of loved ones," Regina LaBelle, acting director of the Executive Office of the President Office of National Drug Control Policy, said in a statement, *CNN* reported, The state with the largest increase in overdose deaths (85.1%) during that time was Vermont.

Three states saw their number of overdose deaths decline from March 2020 to March 2021: New Hampshire, New Jersey and South Dakota. South Dakota's reported overdose deaths declined by 16.3%, the highest of any state. Between March 2020 and March 2021, the COVID-19 pandemic took hold in the United States and disrupted normal daily routines, *CNN* noted. The CDC data also show a 29.7% increase in drug overdose deaths between February 2020 and February 2021. Earlier this year, the CDC said the more than 93,000 drug overdose deaths already reported in 2020 was nearly 30% more than the number observed in 2019, and the largest single-year increase ever in the United States, *CNN* reported. At the time, National Institute on Drug Abuse Director Dr. Nora Volkow called the figure "chilling" and said the COVID-19 pandemic has "created a devastating collision of health crises in America."

The number of drug overdose deaths increased by nearly 5% from 2018 to 2019 and has quadrupled since 1999¹. Over 70% of the 70,630 deaths in 2019 involved an opioid. From 2018 to 2019, there were significant changes in opioid-involved death rates:

- [Opioid-involved death rates](#) increased by over 6%.
- [Prescription opioid-involved death rates](#) decreased by nearly 7%.
- [Heroin-involved death rates](#) decreased by over 6%.
- [Synthetic opioid-involved death rates](#) (excluding methadone) increased by over 15%².

From 1999–2019, nearly 500,000 people died from an overdose involving any opioid, including prescription and illicit opioids¹. This rise in opioid overdose deaths can be outlined in three distinct waves.

1. The first wave began with increased prescribing of opioids in the 1990s, with overdose deaths involving [prescription opioids](#) (natural and semi-synthetic opioids and methadone) increasing since at least 1999³.
2. The second wave began in 2010, with rapid increases in overdose deaths involving [heroin](#)⁴.
3. The third wave began in 2013, with significant increases in overdose deaths involving synthetic opioids, particularly those involving illicitly manufactured [fentanyl](#)^{5,6,7}. The market for illicitly manufactured fentanyl continues to change, and it can be found in combination with heroin, counterfeit pills, and cocaine.⁸

Many opioid-involved overdose deaths also include [other drugs](#)^{9,10}. In 2017, an estimated 18 million people incorrectly used prescription medications at least once, and nearly 42,000 deaths were linked to opioid-misuse alone. One study estimated that in an emergency department with 75,000 annual visits, 262 visits per month were related to patients with drug-seeking behavior.

In 2019, **nearly 50,000 people in the United States died from opioid-involved overdoses alone**. The misuse of and addiction to opioids—including prescription pain relievers, heroin, and synthetic opioids such as fentanyl—is a serious national crisis that affects public health as well as social and economic welfare.

The statistics are seemingly endless. Drug over doses and over prescribing has been such a problem, a Bill was introduced into congress in 2019. This bill - The Opioid Crisis Accountability Act - the bill has been put into place to hold pharmaceutical companies accountable for dubious marketing and distribution of opioid products and for their role in creating and exacerbating the opioid epidemic in the United States. There are countless articles with astonishing numbers. Those who use a prescription drug take **four**, on average, and many also take over-the-counter drugs, vitamins and other dietary supplements in addition, the survey done by Consumer Reports shows on webmd. Aug 3, 2017. Statistics on medication usage among elderly patients in the US are eye-opening; more than one-third of prescriptions drugs used in the US are taken by elderly patients; the ambulatory elderly fill **between 9-13 prescriptions** a year (including new prescriptions and refills); the average elderly patient is taking ...Oct 4, 2010. Hcplive.com

Looking into the human body with common ailments, it is a known fact the body decreases its ability to maintain function as it ages. It is also present when a neurological or physiological ailment is introduced. When gait, balance, and motor functions are compromised, impairing patients' ability to perform activities of daily living and maintain independence, preventative and holistic therapies are needed to help with the quality of living for patients suffering from neurological and physiological dysfunction. These issues are caused in part by rigidity, muscle tension, and poor postural reflexes. In an attempt to tackle these issues naturally, we can take an example with a specific alternative care treatment to look at how Doctors have explored the effects of OMT (osteopathic manual therapy) on motor function, balance, and gait stability by treating the spine and extremities with myo-facial, muscle energy, articulatory, and compression of the fourth ventricle (CV4) techniques. These alternative forms for therapy and treatment are to benefit the client with natural healing opposed to intervention with prescriptions drug use.

Extensive research has been conducted with physical therapy and other forms of exercise therapies and their benefits with complementary and holistic alternative health with preventative approaches

as well. One such example is with a most common neurological disease such as Parkinson's. Improvements have been found in handgrip strength, aerobic endurance, gait speed, flexibility, and balance when exercise therapies were utilized in conjunction with pharmacological treatment. Benefits extend into mental well-being, with another study finding a decrease in symptoms and depression with aerobic training.

Studying the function of complementary health considerations in treating the various symptomatology of varying degrees of support: the evidence for yoga is high, whereas evidence for other activities like tai chi, acupuncture, manipulative practices, and meditation also have moderate evidence for helping symptoms as well. Patients and researchers alike continue to search for alternative treatments to alleviate the debilitating symptoms with the findings to be beneficial to address the body as whole with a holistic approach.

Another example of complementary health, in osteopathic medicine; somatic dysfunction describe the impaired or altered function of various body components including the somatic, skeletal, myofascial, vascular, lymphatic, and neural systems. Osteopathic manipulative treatment (OMT) aims to promote homeostasis by targeting and treating these somatic dysfunctions to improve biomechanical, neurological, circulatory, metabolic, and behavioral functions. Given the prominence of both motor and non-motor symptoms, as well as the use of specialist care in treatment plans, OMT has presented itself as a well-balanced treatment modality to reduce symptoms and improve quality of life with patients.

With the landmark study in 1999 by Wells, focusing with holistic approach to neurological diseases, it was demonstrated that statistically significant improvements in gait patterns such as stride, length, and cadence after OMT treatment, the effectiveness of OMT as a resource for patients has been explored with growing interest and intriguing results. OMT places symptom management on the forefront of maintaining patients' quality of life. OMT has demonstrated the greatest efficacy on managing motor-related and neurologic symptoms and assists in treating the greater prevalence of somatic dysfunctions that arise from ailments.

The time is now for each individual to take accountability for their personal body to address the pandemic of over use of drug prescriptions. It is imperative for individuals to evaluate their individual needs, to also seek alternative care for the health and well-being of their body. Now is the time to help spread the validity of individual use of CAM to show how it has become even more mainstream. It is essential to look and address the body as whole unit encompassing physical, mental, and emotional components. Medical personnel, emergency departments, first responders, public safety officials, mental health and substance use treatment providers, community-based organizations, public health, and members of the community all bring awareness, resources, and expertise to address this complex and fast-moving components health care. Together, we as a society, can be better to coordinate efforts to prevent opioid overdoses and deaths. CAM practices are available for all those who choose to access their individual health care of their bodies and health; one simply has to look to seek the right practitioners to help support their journey to health and wellness through balancing the body with sustainable, healthful living. Insurance is not mandatory at many of these clinics and private practices. Some Insurance companies also pay for many of these suggested alternative services.

Preventative health care is providing benefit without the use of drugs as a band-aide to cover the pain. Preventative complementary health care gets to the core issues causing the imbalances of the body. The pain is the messenger. The holistic approach is using the messages to get to the base, to help the body toward alleviating the pain naturally to bring the body to balance. The options of choosing alternative health care for current treatable conditions as well as preventable health care for long term viability of the body, are essential for living a healthy and balanced life.

Collaboration with all forms of preventative care specialists, and all those in the medical field is necessary for success of the long term health and well-being of the human body. Alternative care can and should be used when viable, which is more often than one is being led to believe.

Preventing opioid prescriptions, overdose, and death, while balancing and maintaining the body as a whole through alternative treatment is essential for the longevity of each individual for a healthier approach to living,

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