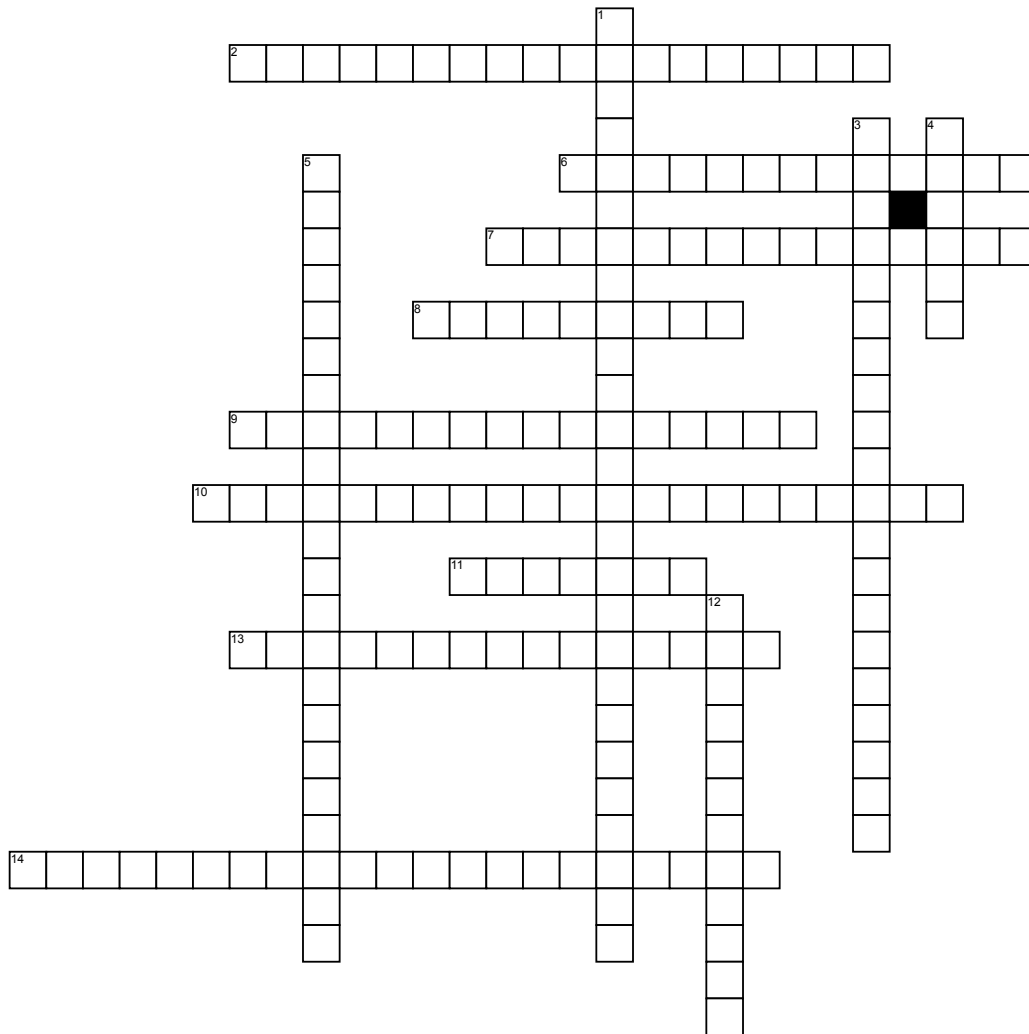


# Complementary and Alternative Therapies



## Across

- 2.** a decreased sympathetic nervous system that may be achieved in a number of ways, including through breathing exercises, relaxation and imagery exercises, biofeedback, and prayer.
- 6.** —the concept of two opposing, yet complementary, forces that shape the world and all life—is central to TCM.
- 7.** is nursing practice built on a holistic philosophy. Healing the whole person is its goal.
- 8.** The most widely practiced medical system on our planet. Shamanism originated with indigenous people in many geographic areas of the world, including Hawaii, Ecuador, Tibet, West Africa, Israel, Peru, Colombia, and East Asia. In shamanism, illness and other forms of distress are thought to originate in the spirit world.

## Word Bank

“Naturopathic medicine  
Aromatherapy  
Therapeutic touch  
Traditional Chinese medicine  
alternative modalities

- 9.** is the use of the hands on or near the body with the intent to help or heal.
- 10.** is not only a system of medicine but also a way of life, with emphasis on client responsibility, client education, health maintenance, and disease prevention. It may be the model health system of the future with the movement toward healthy lifestyles, healthy diets, and preventive health care”
- 11.** involves using all five senses to imagine an event or body process unfolding according to a plan.
- 13.** uses some combination of allopathic medicine and CAT. These models include sensitive and knowledgeable health care providers who work with patients to design a plan of care that is responsive to the patient’s preferences and combines the best of allopathic medicine and CAT while avoiding harmful interactions.

Yin-yang theory  
Shamanism  
Imagery  
integrative care  
Holistic nursing

- 14.** Not included in the scope of conventional medical care.

## Down

- 1.** This view is based on the ancient Chinese perception of humans as microcosms of the larger surrounding universe— interconnected with nature and subject to its forces.
- 3.** is a health care profession that focuses on the relationship between the body’s structure, mainly the spine—and its functioning. they primarily perform adjustments (manipulations)
- 4.** is a theory and philosophy that focuses on connections and interactions between parts of the whole.
- 5.** Interventions that can be used with traditional medical interventions and thus complement them.
- 12.** using essential oils was practiced in ancient Egypt and India more than 6,000 years ago.

complementary therapies  
Holism  
relaxation response  
Chiropractic medicine