

## 10th International Conference on Alternative Medicine and Holistic Medicine

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[Alternative medicines](#) include various healing systems, such as [homeopathy](#), herbal remedies, naturopathy, chiropractic, acupuncture, etc., that are not regarded as part of orthodox treatment by the medical profession. There are different types of Alternative medicines many different areas make up the practice of complementary and alternative medicine (CAM). In the U.S., CAM is employed by regarding thirty-eighths of adults and twelve-tone music of youngsters.

Examples of CAM include: ancient 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](#), Chinese or Oriental medicine Touch has been used in medicine since the early days of medical care. Healing by bit is predicated on the thought that unwellness or injury in one space of the body will have an effect on all components of the body. Body techniques square measure usually combined with those of the mind. Examples of body therapies include treatment and osteopathic medication, Massage, Body movement therapies, Tai-chi, [Yoga](#), [Diet](#), and herbs. Over the centuries, man has gone from a straightforward diet consisting of meats, fruits, vegetables, and grains, to a diet that usually consists of foods wealthy in fats, oils, and complex carbohydrates. Nutritional excess and deficiency became issues in today's society, both leading to certain chronic diseases. Many dietary and flavouring approaches conceive to balance the body's nutritionary well-being. Dietary and flavouring approaches might include: [Dietary supplements](#), flavouring medication, Nutrition/diet.

The use of CAM was more among doctors (58%) when compared with the patients (28%). Among doctors, those who

had utilized CAM themselves, recommended CAM as a therapy to their patients (52%) and enquired about its use from patients (37%) to a greater extent. CAM was used concomitantly with allopathic medicine by 60% patients. Very few patients (7%) were asked by their doctors about CAM use, and only 19% patients voluntarily informed their doctors about the CAM they were using. Most patients who used CAM felt it to be more effective, safer, less costly and easily available in comparison to [allopathic medicines](#). This study was conducted among 200 doctors working at a tertiary care teaching Hospital, India and 403 patients attending the same, to determine the extent of usage, attitude and perception toward CAM.

The Facts and Facets of [Alternative Medicine 2020](#) and the most recent research are going to be illustrated by **Andrey Shishov**, Saint Petersburg State University, Russia, "**11th International Conference on Alternative Medicine and Holistic Medicine**" scheduled for October 14-15, 2020 in Zurich, Switzerland. With the help of our esteemed Organizing Committee Members this conference is expected to be one of the most successful and productive events in the history of ME Conferences.

We invite you to join us to witness invaluable scientific discussions and add to the prospect's future advancements in the upcoming "11th International Conference on Alternative Medicine and Holistic Medicine" which is going to be held during October 14-15, 2020 in Zurich, Switzerland.

Contact Details

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