

Holistic Medicine's Controversial Approaches

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1). Life Coaching

Life coaching is not covered by insurance and considered controversial by some due to the lack of regulations and/or qualifications involved among other things. However, life coaching services can be beneficial and improve your life in so many different ways assuming that you're using a competent life coach who has a proven track record. And in my opinion, some life coaches are good, but the majority of them are incompetent. Thus, shouldn't be given people advice and charging them money. And if you are going to use a life coach, just be careful and do your research. I also wanted to point out that life coaches tend to be goal oriented, may be certified and/or have certain specializations. And all that is said about life coaches, could apply to spiritual counseling and the rest of the self help industry.

2). Hug Therapy

Hug Therapy is not covered by insurance and considered controversial because it's weird and taboo to many people even though hugging is beneficial and therapeutic in several different ways.

3). Unorthodox Counseling and Psychotherapies

I'm not a fan of modern day counseling and psychotherapy because a lot of psychologists, counselors, therapists, social workers and other mental health providers utilize a one size fits all approach and they tend to be too idealistic and often focus on the symptoms and don't address the causes of problems to say the least. That being said, I use various forms of counseling, psychotherapy and other approaches that aren't covered by insurance and/or used by the mental health establishment. As a result, I have a very high success rate and my clients/patients obtained positive outcomes and results despite using unorthodox, controversial approaches that may or may not be validated by science or other studies.

4). Christian Counseling and Therapy

Christian Counseling and Therapy is not covered by insurance and considered controversial due to the lack of regulations, questionable training and various beliefs and practices involved among other things. And the vast majority of fundamental, conservative and evangelical Christian counselors and therapists may only use prayer and the bible whereas other open-minded, liberal and progressive Christian counselors and therapists may use prayer, reference the bible and embrace science, secular approaches, other sources, etc.

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However, many people have had negative experiences and no improvements with Christian Counseling and Therapy due to the counselors, therapists and pastors' lack of qualifications, inadequate training, religious ignorance and indoctrination, etc. And on top of that, some forms of Christian Counseling and Therapy such as faith healing and conversion therapy has resulted in deadly consequences. But, on the other hand, Christian Counseling and Therapy can be beneficial and life changing if you have the right competent professional(s) helping you out. So keep that in mind about Christian Counseling and Therapy and please be careful and do your research because not all Christian counselors, therapists, clergy members, churches, ministries and organizations are the same.

5). Sex Therapy

Sex Therapy may be covered by insurance and it's nothing more than talk therapy with a licensed counselor or therapist who deals with a variety of sexual issues. However, it can be controversial due to various beliefs and practices. Even though many people have benefited from sex therapy, several religious people condemn it and there's other people who refuse to participate in sexual talk therapy. To find a competent and legitimate sex therapist, you may want to do some research and seek out a licensed psychologist, counselor, therapist, clergy, etc. who either specializes and/or has dealt with various sexual issues.

6). Sex Surrogate

For the most part, a Sex Surrogate (aka Surrogate Partner) is a professional who works with a licensed counselor or therapist. However, their services are not covered by insurance and the use of a sex surrogate/partner is controversial. Unlike sex therapists who only does talk therapy, a sex surrogate/partner is more hands on. And sex surrogacy itself is not regulated and has legal and ethical concerns in which many licensed professionals don't use them. Despite their legal gray area status, several people who are single, married or in a committed relationship have used and benefited from sex surrogates/partners. To find a competent and legitimate sex surrogate/partner, you may want to do some research and seek out open-minded licensed psychologists, counselors, therapists, clergy, etc.

7). Sex Coach

A sex coach has some similarities of a sex surrogate/partner, but most of them work independently without a licensed sex therapist involved. And their practices and specializations could vary and resemble a life coach. Over all, a competent sex coach can benefit many people and improve their lives and sexual situations. However, the services of a sex coach is not covered by insurance and their use can be controversial or forbidden by certain individuals. If you're interested in sex coaching and/or would like to find a competent and legitimate sex coach, you may want to do some research and seek out those who are certified as a sex coach. You could also luck out and possibly find them through an open-minded licensed psychologist, counselor, therapist, clergy, etc.

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8). DMSO

DMSO is an interesting and controversial substance that's derived from wood pulp. The FDA only approved DMSO for interstitial cystitis, but many individuals have used it off label for a variety of reasons primarily for pain relief, reduced inflammation and faster healing. Over all, DMSO is still unknown to many people and there's evidence that supports its benefits. DMSO is fairly inexpensive and available to purchase without a prescription, but insurance doesn't cover it. And most people apply DMSO topically and it comes in different forms. As for doctors are concerned, they may or may not be ok with DMSO use. For more information about DMSO, you may want to do some research and/or look up the late Dr. Stanley Jacob who is known as the Father of DMSO.

9). Medical Marijuana and CBD Oils

The use of Medical Marijuana and CBD Oils are controversial and not covered by insurance not to mention that laws may vary from state to state within the Unisted States regarding them. Over all, many people have used Medical Marijuana and CBD Oils for various physical and mental health issues with satisfactory or mixed results. If you're interested in Medical Marijuana and/or CBD Oils, you may want to do some reserch and consult with your doctor.

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