

# Holistic Medicine Examples

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**1). For Nausea,** eat some saltine crackers.

**2). For Type 2 Diabetes and High LDL Cholesterol,** proper diet and exercise.

**3). For High Blood Pressure**

- A). Proper diet with reduced sodium intake
- B). Exercise
- C). Keep your stress levels in check
- D). Meditation

**4). Improve Confidence**

- A). Practice, experience and repetition of something.
- B). Confronting something head on
- C). Working out and/or martial arts training
- D). Utilizing a competent mental health professional, life coach, mentor, etc

**5). Reduce Stress and Anxiety**

- A). Meditation
- B). Exercise
- C). Hypnosis
- D). Avoid, limit or control stressors
- E). Talk to a competent mental health professional

**6). Reduce or Eliminate Depression and Improve Happiness**

- A). Utilize a competent mental health practitioner, life coach, mentor, support group or system, etc
- B). Utilize self care and personal growth
- C). Socialize more and/or meet new people.
- D). Proper diet and exercise
- E). In a positive way, change your lifestyle and/or environments.
- F). Meditation
- G). Hypnosis

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### **To Improve Your Spirituality**

- A). Understand that religion and spirituality are different from one another.
- B). Research religion and spirituality
- C). Obtain spiritual guidance from a competent spiritual advisor.
- D). According to the Christian bible, Jesus Christ disliked religion. Not only did he call religious leaders hypocrites (Matthew 23), he also criticized their man made rules and traditions (Mark 7)

### **Improve Your Sex Life or Situation**

- A). Proper communication
- B). Variety
- C). Make time for intimacy
- C). Consult with your physician
- D). Sex Therapy (talk therapy) via licensed competent psychologist, counselor, therapist, clergy, etc
- E). Use of a competent and legitimate sex surrogate or sex coach, if applicable
- F). Use a competent holistic medicine practitioner
- G). Use a competent life coach or mentor
- H). Proper diet and exercise
- I). Enhance your physical appearances via new clothes, hair cut, weight loss, etc
- J). Proper sex education
- K). Socialize more
- L). Online dating
- M). Attend various seminars, classes, workshops, retreats, etc that relates to sex

### **8). To Improve Sleep**

- A). Take a quality magnesium supplement before you go to bed
- B). In the evening, limit your fluid intake
- C). In the evening, don't consume caffeine
- D). In the evening, don't look at a computer screen
- E). In the evening, don't exercise
- F). Make sure your bedroom is dark and quiet
- G). Get a new pillow and/or mattress, if applicable

Other factors that could affect sleep include some of the following:

Bedroom temperature, stress, anxiety, depression, diabetes, prostate issues, physical pain or injuries, hormones and rites of passage, certain medications, someone keeping you up at night, etc

### **9). For Tension Headaches and Neck Pain**

- A). Try to lower your stress levels
- B). Proper posture
- C). Neck stretches and exercises
- D). Use a neck traction/stretching device
- E). Over the counter medicines
- F). Hot and cold packs

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As for other headache causes they consist of some the following:

Underlining health issues such as diabetes, blood pressure, allergies, sinuses, etc not to mention certain medications that are currently being used, menstrual cycles, hormones and so on.

### **10). For Lower Back Pain**

- A). Use an inversion table
- B). Stretch out your hip flexor muscles (due to anterior pelvic rotation, if applicable)
- C). Strengthen your erector spinae and transverse abdominus muscles
- D). Active rest
- E). Go to your doctor for pain relief, possible restrictions and/or time off from work, if applicable.
- F). Use anti-inflammatory medication and hot and cold packs
- G). Improve posture
- H). Avoid lifting heavy objects and/or other activities and movements that could cause lower back pain.
- I). Wear a back brace/belt, when appropriate/if applicable.

Other comments about dealing with lower back pain:

Depending on your situation, you could utilize a competent clinical (medical) massage therapist or bodyworker not to mention a certified fitness trainer.

In regards to physical therapy and chiropractic care, both may be covered through your health insurance. However, there could be co-payments and limitations involved among other things.

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### **Important Notes:**

There are several remedies, techniques and approaches that I didn't mention in this report that may be beneficial.

In addition to various therapeutic modalities and approaches, it's encouraged that you first consult with your physician before starting a new exercise, diet, drug and/or nutritional supplement program.

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