

**МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ
СУМСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ
КАФЕДРА ІНОЗЕМНИХ МОВ
ЛІНГВІСТИЧНИЙ НАВЧАЛЬНО-МЕТОДИЧНИЙ ЦЕНТР**

**МАТЕРІАЛИ
VIII МІЖВУЗІВСЬКОЇ НАУКОВО-ПРАКТИЧНОЇ
КОНФЕРЕНЦІЇ
ЛІНГВІСТИЧНОГО НАВЧАЛЬНО-МЕТОДИЧНОГО ЦЕНТРУ
КАФЕДРИ ІНОЗЕМНИХ МОВ**

“TO LIVE IN A SAFER WORLD”

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COMPLEMENTARY AND ALTERNATIVE MEDICINE

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We have all heard the terms “complementary medicine” and “alternative medicine” on the TV or somewhere else, but what do they really mean? Alternative medicine is a collective name for methods pretending on the ability to treat (or prevent) disease. There are five major categories of complementary and alternative medicine therapies.

1. WHOLE MEDICAL SYSTEMS

Alternative medical systems are built upon complete systems of theory and practice.

Systems are not just a single practice or remedy but many practices that center on a philosophy, such as the power of nature or the presence of energy in your body. There are examples of the whole medical systems: ancient healing systems arose long before conventional Western medicine and include ayurveda from India and traditional Chinese medicine; homeopathy based on Samuel Hahnemann's doctrine of `like cures like`, according to which a substance that causes the symptoms of a disease in healthy people will cure similar symptoms in sick people; naturopathy focuses on noninvasive treatments to help your body do its own healing and uses a variety of practices, such as massage, acupuncture, herbal remedies, exercise and lifestyle counseling and generally avoids the use of surgery and drugs.

2. MIND-BODY MEDICINE

Mind-body techniques strengthen the interaction between your mind and your body. These two systems must be in harmony for you to stay healthy. Examples of mind-body connection techniques are meditation, prayer, relaxation and art therapies.

3. BIOLOGICALLY BASED PRACTICES

Biologically based therapies use botanicals, animal-derived extracts, vitamins, minerals, fatty acids, amino acids, proteins, prebiotics and probiotics, whole diets, and functional foods.

4. MANIPULATIVE AND BODY-BASED METHODS

These methods use human touch to move or manipulate a specific part of your body. They include chiropractic and osteopathic manipulation and massage. Manipulative and Body-Based Therapies can treat: accident and sports injury, anxiety and stress, arthritis, asthma, chronic fatigue syndrome, fibromyalgia, headache, infertility, low back pain, migraines, neck pain/shoulder pain, overuse or misuse of the body, sinusitis, visual problems.

5. ENERGY MEDICINE

Some complementary and alternative medicine practitioners believe an invisible energy force flows through your body, and when this energy flow is blocked or unbalanced you can become sick. The goal of these therapies is to unblock or re-balance your energy force..

So, in conclusion we can say that people often turn to CAM when they have a long-lasting problem that conventional medicine hasn't completely cured.

Trying practices like meditation and breathing can't do any harm, but other CAM techniques may have consequences for people with certain health conditions. Even the more mainstream practices like yoga can hurt someone with a health. So check with your doctor before trying any CAM techniques.