Complementary and Alternative Treatment Options

There are a number of therapeutic modalities that are intended to improve the health and well-being of patients in various stages of treatment. These complementary or alternative options are those which may be employed to increase comfort or relaxation, maintain, improve or restore health and harmony of the body, mind, and/or spirit, improve coping mechanisms, reduce stress, relieve pain and/or increase the person’s overall sense of well being.

Complimentary/alternative treatment options are used either in addition to or in place of conventional medical treatments. Integrative Care combines complementary and/or alternative approaches along with conventional medicine. Talk to your doctor about what possible options may be available for your particular condition.