

# Complementary Therapies

## Exercises & Resources

There are a range of complementary therapies that support well-being. Every year in the UK, more than 5 million adults see a complementary medicine practitioner. Up to a third of people use complementary self-help techniques and over-the-counter remedies.

Studies carried out in the UK between 1993 and 2006 confirm the use of complementary medicine is rising. A 1993 study found 8.5 per cent of adults in England had used at least one of the following: acupuncture, chiropractic, homeopathy, hypnotherapy, herbal medicine and osteopathy. Five years later, this had increased to 10.6 per cent. If reflexology and aromatherapy were included, the figure was 13.6 per cent.

There are many possible reasons why complementary medicine has increased in popularity. One possible answer is disillusionment with conventional medicine and the perceived or real harm/benefit ratio of some of its treatments. Another is the desire for a more equal relationship between patients and healthcare providers.

People consistently report four main negative and positive reasons for using complementary medicine.

#### **Negative reasons:**

- Poor outcome of conventional treatment
- Unwanted effects of drugs
- Negative experience of the GP relationship
- Health views not in line with conventional medicine

#### **Positive reasons:**

- Good outcome from complementary treatment
- Being an active participant in healthcare
- Positive experience of the practitioner relationship
- Health views in line with complementary medicine

#### **What's it used for?**

People often use complementary medicine for long-standing illnesses such as back pain, arthritis, digestive problems, anxiety, depression, migraine and asthma. Complementary Therapies can help improve a person's emotional and physical wellbeing especially when provided in conjunction with other support services.

Many people are unaware that some of the therapies are available on the NHS. Indeed one-fifth of doctor's surgeries actually provide some sort of complementary medicine and others are often able to refer people to qualified practitioners.

**If your GP can't help you then the following national bodies can be contacted for details of local practitioners and the websites provide further information.**

#### **The Institute for Complementary Medicine**

PO Box 194  
LONDON, SE16 7QZ  
Tel: 0207237 5165  
[www.icmedicine.co.uk](http://www.icmedicine.co.uk)

#### **The British Complementary Medicine Association**

Kensington House  
33 Imperial Square  
CHELTENHAM, GL50 1QZ  
Tel: 01242 519911  
Fax: 01242 227765  
Email: [info@bcma.co.uk](mailto:info@bcma.co.uk)  
[www.bcma.co.uk](http://www.bcma.co.uk)

The BCMA is the major Complementary Medicine, Multi-therapy umbrella body in the UK. It aims to harmonise therapies and provide a central information point for the public.

#### **Association of Reflexology**

Tel: 0990 673320

#### **The International Federation of Reflexologies**

Tel: 020 8667 9458

#### **British Acupuncture Council**

63 Jeddo Road  
London W12 9HQ  
Tel: 0208 735 0400  
[www.acupuncture.org.uk](http://www.acupuncture.org.uk)

#### **British Homeopathic Association**

Tel: 0207-935 2163

#### **Society of Homeopaths**

Tel: 01604-621400

#### **General Council and Register of Osteopaths**

Tel: 0118 9576585

#### **British College of Naturopathy and Osteopathy**

Tel: 0207 435 7830

#### **Federation of Aromatherapists**

Tel: 0207 935 2143

#### **The Aromatherapy Organisations Council**

Tel: 0208 251 7912

#### **The General Hypnotherapy Register**

PO Box 204  
Lymington SO41 6WP  
Tel/Fax: 01590 683770  
Email: [admin@general-hypnotherapy-register.com](mailto:admin@general-hypnotherapy-register.com)  
[www.general-hypnotherapy-register.com](http://www.general-hypnotherapy-register.com)

#### **London College of Clinical Hypnosis**

(Medical)  
15 Connaught Square  
London W2 2HG  
Tel: 020 7706 3360  
Fax: 020 7262 1237  
Email: [admin@lcch.co.uk](mailto:admin@lcch.co.uk)  
[www.lcch.co.uk](http://www.lcch.co.uk)

#### **Yoga for Health Foundation**

Tel: 01767 627271

#### **Think Natural LTD**

[www.thinknatural.com](http://www.thinknatural.com)



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## **National Institute of Medical Herbalists**

Tel: 01392 426022

## **National Federation of Spiritual Healers**

Tel: 0891-616080

## **Reiki Association**

Tel: 01981-550829

## **The Arthritis Research Campaign**

has a free booklet on Complementary Therapies and Arthritis, to receive one please write to:

ARC, PO Box 177, Chesterfield Derbyshire S41 7TQ

Tel: 01246 558033

[www.arc.org.uk](http://www.arc.org.uk)

**Lifecraft/Lifeline** have a guide to complementary medicine that describes, among other things, how much research has been done on that particular therapy and whether there seems to be any scientific basis for it.

For more details phone

Tel: 01223 566957

## **Stimulants Are Not the Answer**

For Details about drug free solutions to AD/HD try their website.

[www.santa.inuk.com](http://www.santa.inuk.com)

## **Society for the Promotion of Nutritional Therapy**

PO BOX 626

Woking GU22 OXD

[www.ourworld.compuserve.com/homepages/spnt](http://www.ourworld.compuserve.com/homepages/spnt)

**Websites that give great information on the different types of complementary therapies available are as follows -**

### **Health insite**

[www.healthinsite.gov.au](http://www.healthinsite.gov.au)

### **Channel four**

[http://www.channel4.com/health/microsites/C/comp\\_medicine/remedies.html](http://www.channel4.com/health/microsites/C/comp_medicine/remedies.html)

### **Mind Guernsey**

<http://www.cwgsy.net/community/%2Fmindinfo/natural.htm>

### **Mental Health Foundation**

<http://www.mentalhealth.org.uk/information/mental-health-a-z/complementary-therapies/>

### **Rethink**

[http://www.rethink.org/living\\_with\\_mental\\_illness/treatment\\_and\\_therapy/other\\_treatments/complementary.html](http://www.rethink.org/living_with_mental_illness/treatment_and_therapy/other_treatments/complementary.html)

### **Help Guide**

[http://www.helpguide.org/mental/complementary\\_alternative\\_mental\\_health\\_treatment.htm](http://www.helpguide.org/mental/complementary_alternative_mental_health_treatment.htm)

### **Peterborough Mind**

[http://www.cambsmentalhealthinfo.nhs.uk/services/pbboro/complementary\\_therapies.html](http://www.cambsmentalhealthinfo.nhs.uk/services/pbboro/complementary_therapies.html)

### **Mind**

Complementary therapies

<http://www.mind.org.uk/Information/Factsheets/>

### **The Bi-Polar Organisation**

<http://www.mdf.org.uk/?o=1625>

This exercise is one of a series published in the Whole Life Workbook (Eastern Development Centre 2009). Exercise developed by Tanya Kennard-Campbell.