



Photograph provided by Attic Angel Community

# BEYOND THE **Rx**

BY KELLY CHERAMY

Sometimes it's what the doctor didn't order that might help the most. Like laughter. As they say, it may be the best medicine.

Natural, nonclinical therapies bring their own sets of healing benefits. They can complement and improve the effectiveness of traditional approaches, such as prescription medication. In some cases, and under careful consultation with a doctor, they may even eliminate your need for expensive drugs or other clinical interventions.

The practice of natural therapies to support healing, alleviate chronic pain,

and improve quality of life has many names. Among them are integrative health, complementary medicine, and holistic or homeopathic medicine. Advocates tout the relative low cost of such treatment and the easy ability for these therapies to become part of a long-term, healthy lifestyle.

Holistic healthcare and specific practices from the ancient East have gained popularity in the United States, and Attic Angel Community is among the first senior living facilities to adopt a complete in-house program of integrative health that provides therapies to enhance healing.

### **Essential Oil Therapy**

Natural plant extracts are applied topically, inhaled, or put into a diffuser for a wide range of mind and body health benefits. Target benefits: improved emotional balance, reduced anxiety, better sleep, pain relief, and increased immunity.

### **Sound Healing**

Vibrational tones of music help the body to align energetically and optimize healing. Target benefits: mood stabilization, reduced anxiety and depression, lower stress, better sleep, and pain relief.

### **Massage/Reiki**

Manual manipulation of the body's tissues (massage) and energy healing (Reiki) promote physical and mental relaxation to accelerate the self-healing process. Target benefits: lower stress and anxiety, reduced fatigue, better sleep, and pain relief.

### **Grounding**

Being in contact with Earth's natural charge allows the body to absorb negative ions that work like antioxidants, protecting the body from free radicals that chip away at our health. Target benefits: lower stress, better sleep, pain relief, reduced inflammation, and improved wound healing.

### **Holistic Nutrition**

Fresh, locally sourced foods help reap maximum benefits from nature's vitamins, minerals, and herbs. Target benefits: more energy, better mood, reduced inflammation, pain relief, increased immunity, and improved appearance.

### **Tai Chi/Yoga**

Focused on body movements and postures, these exercises are low impact and adaptable to personal limitations. Target benefits: improved balance, strength and flexibility, lower stress,

improved focus, better sleep, and pain relief.

### **Weighted Blankets**

The extra weight on the body provides gentle, deep pressure that triggers the body to release calming chemicals. Target benefits: increased happiness, reduced anxiety, better sleep, improved focus, and better digestion.

### **Ionized Air**

Plasma technology destroys pathogens from the air, reducing the risk of infection and disease transmission. Target benefits: improved respiratory quality, reduced allergy symptoms, and fewer recurrent infections.

### **Light Therapy**

Artificial light boxes mimic sun exposure to influence the body's biological rhythms. Target benefits: improved mood and reduced symptoms of seasonal affective disorder.

### **Mindful Meditation**

Techniques such as mindfulness and guided imagery help focus attention and awareness to achieve a state that is both mentally clear and emotionally calm. Target benefits: improved sense of overall well-being.



The beauty of these therapies is that anyone can practice them, even at home. In cooperation with your primary healthcare physician, holistic healthcare providers and free information found on the internet can help you get started on a natural path to wellness for your mind, body, and spirit.

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