

Health Science 20

Healthcare Philosophies and Ethics Unit

Approaches to Health Care Assignment

In this assignment you will investigate something you find interesting about the Complementary and Alternative Healthcare Approach.

To do this, choose a topic from the following list:

- Yoga
- Acupuncture/Acupressure
- Traditional Chinese Medicine
- Spinal Manipulation
- Massage Therapies
- Meditation
- Tai Chi
- Hypnotherapy
- Naturopathy
- Homeopathy
- Herbalism
- Ayurveda
- Aromatherapy
- Reiki

1. Do some research about this healthcare approach that includes:
 - a. Where does this approach originate?
 - b. What is the basic premise (belief system) of this approach?
 - c. What tools, products, and procedures are utilized within this approach?
 - d. Are there any certifications or qualifications for the practitioners of this approach? If so, what are they?
2. Write up your findings.
3. Be sure to list the sources of your information. Check your sources to make sure they are credible.