

6 Natural Health Remedies You Can Try Today

You know a handful of people who swear by acupuncture. Meditation studios are popping up in major cities. And herbs like turmeric and cumin are being praised for their health benefits by holistic and traditional doctors alike.

These alternative treatments are growing in popularity for a reason. There is promising research suggesting the potential health benefits of taking a more holistic approach to wellness — from combating stress to reducing pain.

Research conducted by Dr. Dean Ornish, MD, revealed that a holistic approach to health helped reverse heart disease, de-clogging arteries and increasing blood flow. San Francisco-based Ornish is the clinical professor of medicine and founder of the non-profit Preventative Medicine Research Institute. In another study, Ornish prescribed a group of prostate cancer patients a healthy lifestyle program (including moderate aerobic exercise, yoga or meditation, a weekly support group session, and a low-fat vegan diet). After a year, not only were markers indicating the presence of prostate cancer decreased, but the genes that promote heart disease, prostate cancer, breast cancer, colon cancer, and diabetes were “turned off.”

The research reveals promising health benefits by incorporating alternative practices into a treatment and prevention plan, in addition to regular doctor visits and traditional medicine. Here are some popular practices you may consider adding to your own health regimen to help boost immunity, reduce stress and fight disease.



Acupuncture

The ancient Chinese practice of inserting very thin needles into your skin at certain points on your body to influence energy flow (or “chi”) is being used to help relieve dozens of ailments.

“The benefits of acupuncture in a hectic lifestyle are endless,” says Dr. Gabrielle Francis, naturopathic doctor, chiropractor, licensed acupuncturist and certified massage therapist. “I’ve used the technique to treat clients recovering from addiction, reducing cravings, lessening withdrawal symptoms, combating anxiety and depression, bolstering creativity, improving sleep, relieving pain, eliminating constipation, alleviating headaches, stopping smoking, and beating jet lag, fatigue, and insomnia.”