

“ALTERNATIVE MEDICINE” CLASSIFICATION  
(see also [http://en.wikipedia.org/wiki/Alternative\\_medicine](http://en.wikipedia.org/wiki/Alternative_medicine))

## 1. WHOLE MEDICAL SYSTEMS

They cut across more than one of the other groups; examples include:

- traditional Chinese medicine;
- naturopathy;
- homeopathy;
- Ayurveda.

## 2. MIND-BODY MEDICINE

It takes a holistic approach to health that explores the interconnection between the mind, body, and spirit. It works under the premise that the mind can affect "bodily functions and symptoms". Examples include:

- meditation;
- prayer;
- mental healing;
- art therapy;
- music therapy;
- dance therapy.

## 3. BIOLOGY-BASED PRACTICES

They use substances found in nature such as:

herbs;

foods;

vitamins;

other natural substances such as *shark cartilage*.

## 4. MANIPULATIVE AND BODY-BASED PRACTICES

They feature manipulation or movement of body parts, such as is done in:

- chiropractic manipulation;
- osteopathic manipulation.

## 5. ENERGY MEDICINE

It is a domain that deals with putative and verifiable energy fields. Biofield therapies are intended to influence energy fields that, it is purported, surround and penetrate the body. The examples are:

- Qigong;
- Reiki;
- therapeutic touch;
- electromagnetic therapy.

No empirical evidence has been found to support the existence of the putative energy fields on which these therapies are predicated.

Bioelectromagnetic-based therapies use verifiable electromagnetic fields, such as pulsed fields, alternating-current, or direct-current fields in an unconventional manner.