

Complementary & Alternative Medicine

CAM

Complementary and Alternative Medicine or CAM is defined as “a group of diverse medical and health care systems, practices and products that are not considered part of conventional medicine” - NIH/NCCAM

Complementary medicine is used in conjunction with traditional health care services and alternative medicine is used in place of traditional health care services.

CAM Services at Tamarac

Body-Based Practices: Focus on the structures and systems of the body, following the body's innate ability to heal and self regulate.

- **Massage Therapy - an assortment of techniques involving manipulation of the soft tissue of the body through pressure and movement.**

Mind-Body Medicine: Emphasizes the interactions among the brain, body and behavior as well as how emotion, social, spiritual and behavioral factors influence health.

- **Yoga - Combines physical postures, breathing and relaxation for improved health.**
- **TAI CHI - Combines slow, gentle patterns of movement with deep breathing and awareness.**
- **Group Support - A method for personal growth, respecting each individuals ability for improved self care.**
- **Spirituality and Prayer - An individuals sense of purpose and meaning beyond material value, often practiced through religion.**

Energy Medicine: Practices based on the belief that the human body has a subtle energy field that is vital to life and health. Interaction with this subtle energy effects the body and influences health.

- **Acupuncture - Most prominently used therapy for unblocking energy flow within the body.**

All definitions of CAM practices are supported and researched by the National Institute of Health (www.nih.org) and the National Center for Complementary and Alternative Medicine (www.nccam.org).

