

Alternative Therapy: Which One Do I Choose?

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Over the past 30 to 50 years, people have gradually been turning away from Western medicine to [Alternative Healing](#) Techniques.

While western medical practices have made incredible discoveries which have increased life expectancy by reducing pain and assisting the body to cope with ailments more efficiently, people want more. Instead of having their symptoms treated, which is the primary focus of western medicine, the public are now seeking methods to heal their illness completely. This new awareness and desire is seeing a surge in the use of alternative therapies for illness and suffering on all levels.

Western medicine treats the physical symptoms, but we are much more complex beings than that. We are now remembering that we are multi-dimensional beings with physical, emotional, mental and spiritual aspects, and that illness is not just a manifestation of the physical, but of all our dimensions. In fact, the physical is the last place that dis-ease manifests and our final sign that something is wrong and there is an imbalance somewhere that we must heal.

Unfortunately, under the guidance of our well-meaning, but largely unaware medical fraternity, only the physical symptoms are considered and treated with drugs which cause further imbalance, which requires more drugs, etc, etc.

I am not saying there is not a place for pharmaceutical drugs. There have been some truly miraculous developments in medical science which we should all be extremely grateful for. I am saying that it should not be the only treatment we seek when we are dealing with pain and illness.

There are hundreds of different types of effective alternative health treatments including crystal therapy, [reiki](#), [NLP](#), time line therapy, [meditation](#), [sound / music therapy](#), bower therapy, massage, intuitive healing, hypnotherapy, kinesiology, energy psychology, [energy therapies](#), [chakra balancing](#), etc, etc. The list could continue for pages and pages.

So the question is, which one is right for you? We are all distinctly unique individuals and with all the different therapies available it can be difficult to determine which one is the best for you without spending a fortune trying them all out.

The first job is to find out a little about some of the therapies to see which ones appeal to you and then to research those more deeply. www.healingandabundance.com has plenty of articles and tools about different therapies and is a good place to start. If you are still unable to make a decision, go with your intuition, or ask your higher consciousness for guidance to the right therapy. This guidance might come in the form of someone telling you about a particular therapy or an advertisement or article that catches your attention, or the therapy appearing before you in some form or other. Usually if it comes up 3 times, that's a very good indication that it's right for you.

The next step is to find a therapist and again, it is important to conduct some research. Ask around and see if you can get some recommendations of practitioners for the therapy you have decided upon. Check out their qualifications and experience. Some alternative therapies do not require formal qualifications, but this does not mean that they are not effective. In this case check the therapists' background and explore their integrity. A good therapist will generally be happy to send some information to you or speak with you for a few minutes about what to expect from them and the treatment.

Of course, none of this will guaranteed that you hit the jackpot first time. It is only by attending the therapy that you will discover if you have made the right decision.

Don't expect miracles in the first session. Most therapies will take several sessions to see big results, but you should get an indication by how you feel during and after that first session if all the variables are right for you.

I encourage you not to settle for having your symptoms treated with drugs by the western medicine. You can and should expect more than that. By healing yourself on all levels, you will rediscover a love for life that many of us forget when we become adults.

You deserve to be whole physically, emotionally, mentally and spiritually. We all want the magic pill, but unfortunately, it doesn't exist. Taking the time to heal every aspect of yourself is much more rewarding and long lasting.

For the newest and most powerful methods and information for health and healing, go to www.healingandabundance.com and www.soundhealingguaranteed.com for all your healing needs.