

## Natural Does Not Mean Alternative

Frequently, the terms “natural remedies” and “alternative remedies” are used interchangeably and are viewed as being the same. So are they the same? No! They are not the same. In actual fact, there is a lot of difference between the two, and they should never be used interchangeably. Therefore we need to learn how to distinguish between the two terms.

First, we need to define the term “alternative”. It alludes to being an alternative to the conventional. Alternative remedies include both natural remedies, as well as remedies based on eastern religious philosophies. Remedies such as yoga, meditation, mindfulness, homeopathy, acupuncture, reflexology, energy medicine, and so on have a supernatural component to them. Frequently, they involve “channelling the powers of the universe to heal.” So alternative remedies is an umbrella term that covers both natural remedies and supernatural remedies; and they are viewed as an alternative to conventional remedies.

However, natural does not mean alternative. Natural remedies are just that – natural. They can also be referred to as “old-fashioned remedies”. Examples are: diet, rest, exercise, vitamins and minerals, herbs, other supplements, hot or cold treatments, saunas, and so on. Many of these treatments are used today in a conventional medical environment. For example, if a patient is low in potassium, the doctor might recommend eating bananas regularly or might prescribe a potassium supplement. If a patient sprains an ankle, the doctor might recommend putting an ice pack on it. If a patient has a lot of skin irritations, a doctor might prescribe soaking in an oatmeal bath.

The chemically injured individuals require natural remedies to assist their bodies to heal, as they must reduce their use of conventional, pharmaceutical remedies as much as possible. However, when the natural remedy is not adequate to accomplish the goal, then conventional remedies are implemented, using the least toxic options.

Health treatment protocols should not be dependent on the religion or the philosophy that a person embraces. Therefore, it is inaccurate to state that the chemically injured need alternative remedies, as they do not require the supernatural remedies for healing.

Consequently, it is much more accurate to state that the chemically injured do require natural remedies, with the rare back up of conventional treatments.