

Conditions Which Respond to Complementary Medicine

Key:

A - Acupuncture

H - Homeopathy

Rf - Reflexology

B - Bowen Technique

K - Kinesiology

Rk - Reiki

C - Counselling

M - Massage

TH - Therapeutic Hypnosis

CM - Chinese Medicine

NT - Nutritional Therapy

CONDITION	THERAPIES
Musculoskeletal Problems and Pain	
Arthritis	A, CM, H, K, M, Rf, Rk
Back pain	A, B, CM, K, M, Rf, Rk, TH
Frozen shoulder	A, B, CM, K, M
Joint pain such as hip, knee, wrist, ankle	A, B, CM, K, M, Rk
Muscle tension and spasm	A, B, CM, K, M, Rf, Rk
Neck pain	A, B, CM, K, M, Rf, Rk
Sciatica	A, B, CM, K, M, Rk
Sports injuries	A, B, CM, K, M, Rk
Stroke & facial palsy	A, CM
Tendonitis	A, B, CM, K
Tennis elbow	A, B, CM, K
Whiplash	A, B, CM, K, M
Gastrointestinal Problems	
Gastritis, stomach ulcer, indigestion	A, CM, H, K, NT, Rf
General digestion problems	A, CM, H, K, NT, Rf
Infant colic	A, B, CM, H, K
Irritable bowel syndrome (IBS)	A, B, CM, H, K, NT, Rf, TH

Key:

A - Acupuncture

H - Homeopathy

Rf - Reflexology

B - Bowen Technique

K - Kinesiology

Rk - Reiki

C - Counselling

M - Massage

TH - Therapeutic Hypnosis

CM - Chinese Medicine

NT - Nutritional Therapy

CONDITION	THERAPIES
Immunology Issues	
Allergies and food intolerances	A, CM, H, K, NT
Asthma and respiratory conditions	A, B, CM, H, K, Rf, TH
Eczema and skin problems	A, CM, H, K, M, NT, Rf
Frequent infections	A, CM, H, K, M, NT, Rf
Hayfever	A, B, H, K
Gynaecology, Fertility and Pregnancy	
Amenorrhoea	A, CM, H, Rf
Breech position in late pregnancy	A
Dysmenorrhoea	A, CM, H, Rf
Fallopian tube problems	A, CM, H
Menopause and perimenopause issues	A, CM, H, Rf
Morning sickness, sickness and nausea	A, CM, H
Ovulation problems	A, CM, H, Rf
PCOS	A, CM, H, Rf
Pelvic girdle pain	A, CM
PMS	A, CM, H, M, NT, Rf
Sperm quality – count, morphology, motility	A, CM
Unexplained infertility	A, CM, H, Rf

Key:

A - Acupuncture

H - Homeopathy

Rf - Reflexology

B - Bowen Technique

K - Kinesiology

Rk - Reiki

C - Counselling

M - Massage

TH - Therapeutic Hypnosis

CM - Chinese Medicine

NT - Nutritional Therapy

CONDITION	THERAPIES
Emotional and Psychological Problems	
Addictions (smoking, alcohol, substance misuse)	TH
Anger and aggression	A, C, K, Rk, TH
Anxiety and panic attacks	A, C, CM, H, K, M, Rf, Rk, TH
Body image and weight issues	C, TH
Childhood issues	C, TH
Coping with illness and disability	A, C, H, K, Rk, TH
Depression and sadness	A, C, CM, H, K, M, NT, Rf, Rk, TH
Emotional behaviours and unwanted habits	A, C, K, Rk, TH
Grief, loss and bereavement	A, C, K, Rk, TH
Inability to relax	A, C, H, K, M, Rf, Rk, TH
Lack of self-confidence/low self-esteem	A, C, H, K, M, Rf, Rk, TH
Loneliness and feelings of isolation	A, C, K, Rk, TH
Mental and emotional distress	A, C, H, K, M, Rf, Rk, TH
Phobias and fear	A, C, H, K, Rk, TH
Relationship problems	A, C, H, K, Rk, TH
Sexuality issues	C, TH
Stress and work-related problems	A, C, H, K, M, Rf, Rk, TH

Key:

A - Acupuncture

H - Homeopathy

Rf - Reflexology

B - Bowen Technique

K - Kinesiology

Rk - Reiki

C - Counselling

M - Massage

TH - Therapeutic Hypnosis

CM - Chinese Medicine

NT - Nutritional Therapy

CONDITION	THERAPIES
Other Issues	
Attention deficit disorder	A, CM, H
Chronic fatigue/ME	A, CM, H, K, Rf
High/low blood pressure	A, CM, M
Hormonal problems	A, CM, H, K, NT, Rf, Rk
Insomnia and sleep problems	A, CM, H, K, M, NT, Rf, Rk
Migraine and headaches	A, B, CM, H, Rf
Poor circulation	A, CM, H, M
Poor memory/concentration	A, CM, H, NT, TH
Tiredness and poor energy levels	A, CM, H, K, M, NT, Rf, Rk
Weight loss/gain	C, NT, TH