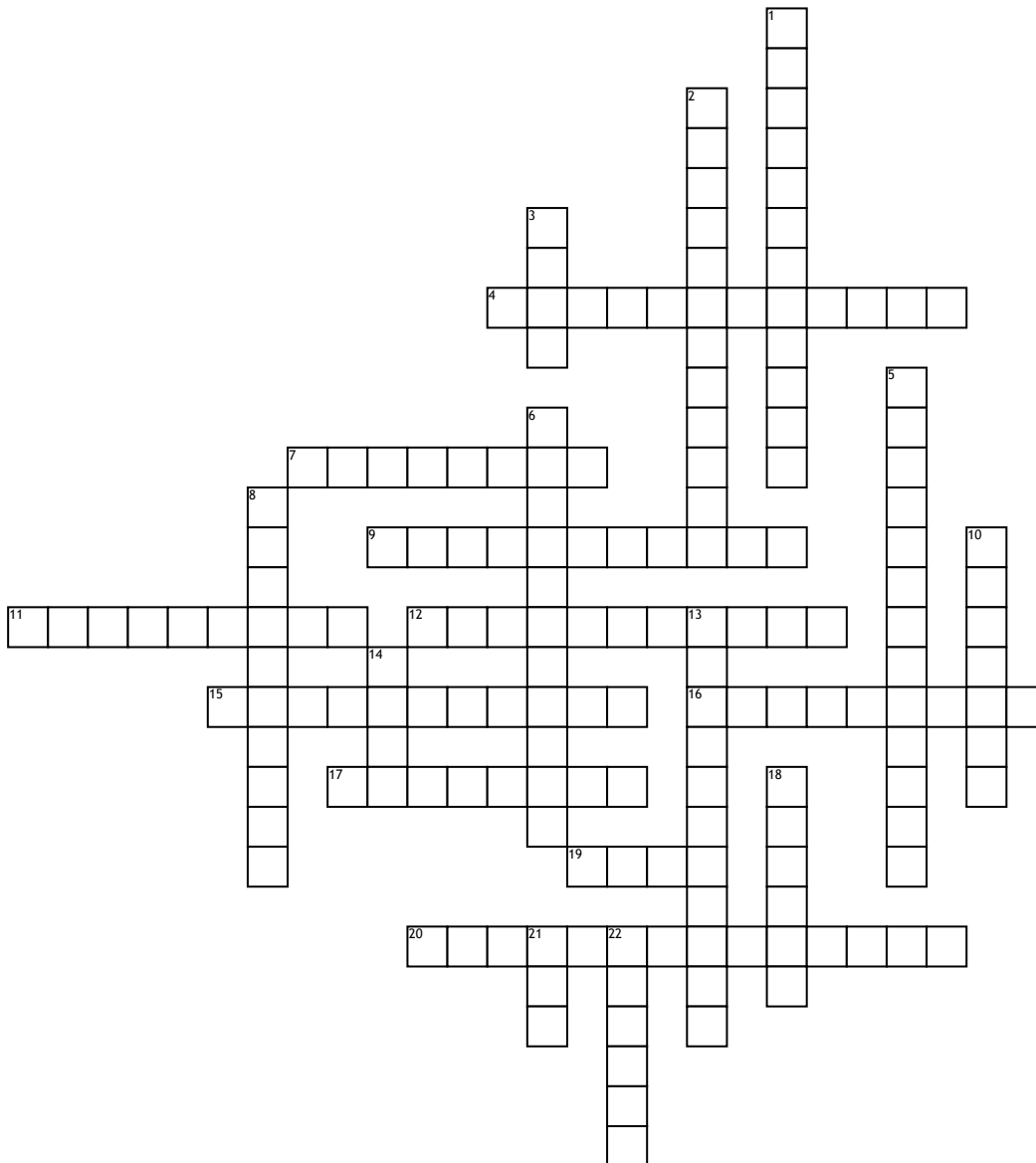


Complementary & Alternative Medicine



Across

4. Type of medicine that uses diet, exercise, environment, and herbal remedies to promote natural healing.
7. Sometimes taken by individuals with diabetes to control blood sugar.
9. Technology used to increase awareness of various neurological body responses to minimize extremes.
11. Calming and anti-inflammatory herb that is sometimes drunk in the evening to induce sleep.
12. Procedure that uses needles that are inserted into the body to produce analgesia.
15. Used to relieve the symptoms of benign prostatic hyperplasia (two words).
16. Used for its immunostimulant effect to reduce cold symptoms and recovery time when taken early in the illness.
17. A root that promotes sleep and reduces anxiety.

19. The topical application of this plant has been known for years to aid in wound healing.
20. Stretching and loosening muscles and connective tissue for relaxation and circulation (two words).

Down

1. Alternative medicine that use spinal manipulation for healing.
2. The dried leaf of this plant is used by some to prevent organic brain syndrome.
3. Both the seed and the oil of this plant are used to reduce high cholesterol levels.
5. The mind focuses on images to promote healing and relaxation (two words).
6. Type of medicine that administers doses of substances (remedies) that would produce manifestations of the disease state in a well person to ill clients to bring about healing.
8. Rhythmic breathing to calm the mind and body.
10. Has been used for over 5000 years to improve physical endurance and concentration and reduce stress.
13. Type of communication that allows clients to verbalize and become aware of emotions and fears in a safe, nonjudgmental environment.
14. Used to help promote relaxation or sleep. However, prolonged use may cause yellow discoloration of nails and skin and a risk of liver toxicity.
18. Inhibits platelet aggregation
21. Used by women for relief of menopause symptoms, as an alternative to hormonal therapy.
22. Used for relief of nausea and vomiting induced by cancer chemotherapy, morning sickness, and motion sickness.