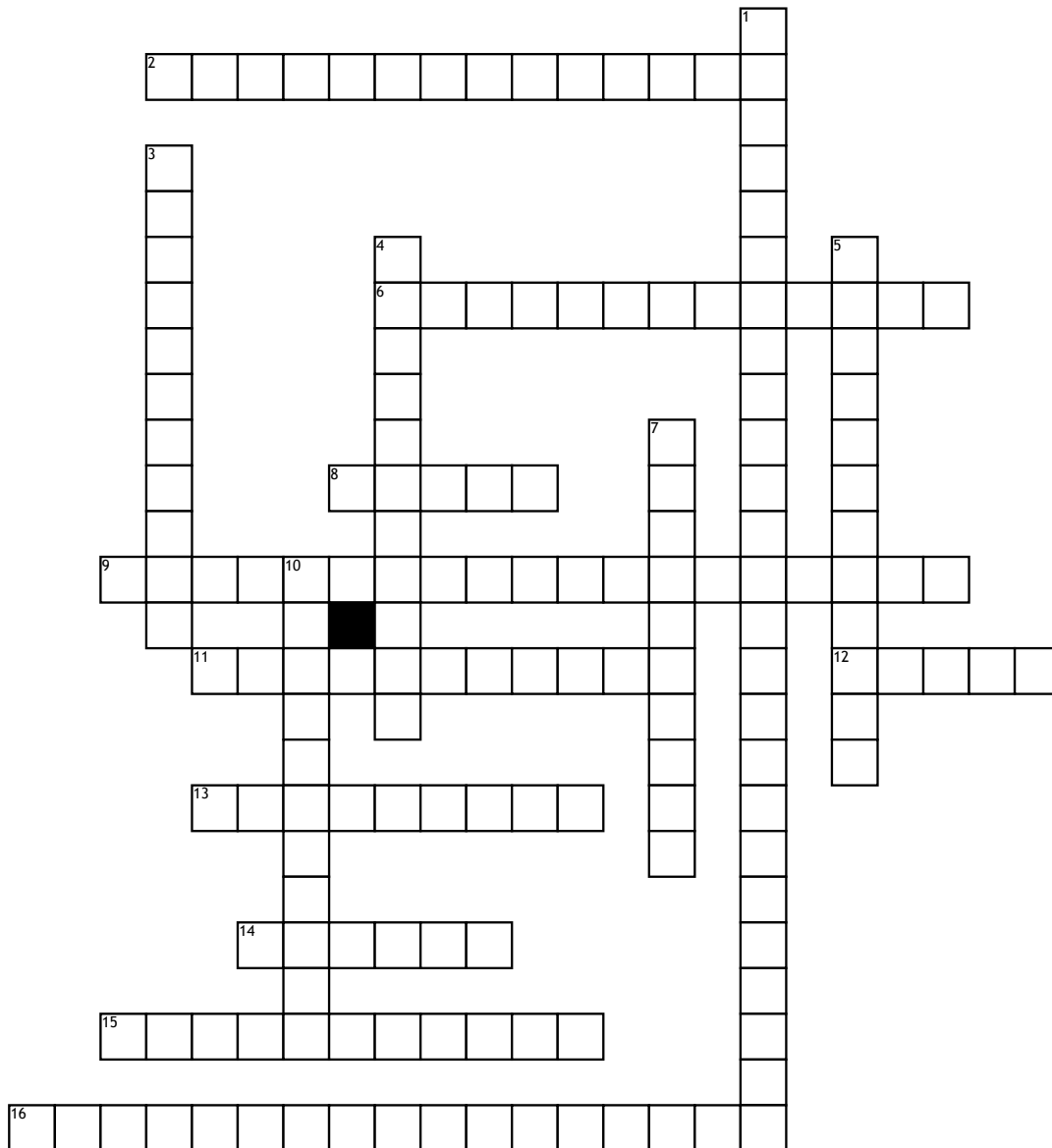


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Complementary and Alternative Health



## Across

2. Most common type of biofeedback to measure muscle tension.

6. Type of medicine that is non-mainstream combined with conventional medicine

8. A practitioner channels the universal life energy to the recipients with the use of his/her hands

9. Restores balance by gentle manipulation of the skull.

11. Type of medicine that is a non-mainstream in place of conventional medicine

12. Biologically based therapies uses these to help the body adapt to stressors.

13. Invisible energy channels inside the body or energy fields outside the body.

14. Chinese exercise involving physical movement and breathing to circulate chi.

15. Use of electronic devices to help a person to consciously regulate heart rate, breathing, etc.

16. India's traditional system of natural medicine by looking at the individual holistically.

## Down

1. Theory that negative emotions are caused by blockages in one's chi.

3. Insertion of needles at acupoints to manipulate the body's flow of energy.

4. Pressure is applied to pressure points where the chi is concentrated.

5. A type of alternative medicine that focuses on the wholeness of the mind, body and spirit and its connection to the natural environment.

7. A type of massage used primarily to relax muscle spasms, reduce muscle pain, and improve circulation.

10. Type of medicine that combines both conventional medicine and CAM treatments