Alternative Health Practices

There are many ways to treat health problems. It is important to understand and utilize different treatments.

YOUR ASSIGNMENT:

Choose an alternative health practice and treatment from the list provided and create a poster that will answer these questions:

1. What is the practice or treatment?
2. How does it work?
3. When is it used?
4. How often should someone be partaking in the practice or treatment?
5. Are there any negative effects?
6. What is your opinion on the practice or treatment?
7. A list of questions you would like answered before being involved in the treatment.

**Alternative health practice and treatment**

* Mind-body
* Acupuncture
* Homeopathy
* Naturopath
* Aromatherapy
* Biological Therapies