

## ***Complementary and Alternative Therapy ‘shopping’***

Chose one of the following CAM therapies, or any other you may wish to research, and prepare a poster summarising the key elements of the therapy. These posters will be displayed in the classroom for other students to see and ‘window-shop’ from.

You may like to include:

- Who founded / invented the therapy
- Which part of the world it originates from
- How long it has been practised for
- What its key scientific principles are (be brief – you will investigate this further)
- What sort of conditions it can be used to alleviate / treat
- Whether there is any evidence supporting its efficacy
- Whether it is available on the NHS
- Whether there are any celebrities who use the therapy (see ‘Hello’, ‘OK’ and ‘Heat’!)

Your poster should be eye-catching and aimed at attracting interest so think carefully about its layout and presentation as well as its content.

You may find some information on the websites listed below, but don’t just use the internet. Talk to people about their experiences of CAM: you could ask friends and family, your pharmacist and your local GP practice. Of course, you may know a local CAM practitioner who could help you with your assignment. They might even agree to come in and talk to your group about their therapy.

NHS direct: <http://www.nhsdirect.nhs.uk/>

BBC health pages: <http://news.bbc.co.uk/1/hi/health/426002.stm>

Reflexology: <http://www.aor.org.uk/>

Aromatherapy: <http://www.aocuk.net/>

Acupuncture: <http://www.acupuncture.org.uk/>

Homeopathy: [http://www.trusthomeopathy.org/trust/tru\\_over.html](http://www.trusthomeopathy.org/trust/tru_over.html)

Osteopathy: [http://www.osteopathy.org.uk/find\\_osteo/](http://www.osteopathy.org.uk/find_osteo/)

Chiropractic: <http://www.gcc-uk.org/page.cfm>

Nutritional therapy: <http://www.londonhealth.co.uk/societyforthepromotionofnutritionaltherapy.asp>

Traditional Chinese medicine (TCM): <http://www.ftcm.org.uk/>

Kinesiology: <http://www.kinesiology.co.uk/info.html>

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