

Alternative Medicines



Every day, alternative medicines is utilized by practitioners to aid their patients. Some forms, like acupuncture, are so widespread that they no longer seem unusual.

Others appear bizarre, and it might be a long time before they go mainstream. However, the next time you suffer from an illness, you might be surprised by the profound results these therapies can achieve. Your perception of their healing properties could quickly change.

Doctor Fish

If you want to give your feet a more youthful look, make an appointment with the doctor fish. From Turkey to Japan, these tiny physicians have become part of a spa treatment that entails them feeding on your feet. There's no need to worry though because they only eat dead skin cells. Those who give this treatment a try swear their feet emerge from the water fresh, healthy and soft.

Beer Spa

The Chodovar Brewery is an establishment in the Czech Republic that has earned a reputation for producing the region's best beers. Besides tasting good, the beverage is said to have amazing effects on the body. Large tubs have been installed in the brewery's cellars so that guests can soak in gallons of heated beer. A 20-minute session reportedly relieves a person's acne, soothes painful joints and improve circulation. Since bathers can also enjoy a pint or two of the beer during the relaxation period, they are required to rest after getting out.

Cryotherapy

The use of ice to alleviate pain is well known, so what about putting one's entire body in a place colder than a block of ice! That's what happens at the Olympic Sports Center in Poland. Wearing only a swimming suit, socks, gloves and a hat, individuals receiving treatment are placed inside of a chamber cooled to minus 120 degrees Celsius. During the procedure, the patient will only have to stand in the chamber for a few minutes, but the effects will last for weeks. Those that have undergone this process of whole-body cryotherapy

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claim that it has awesome effects on sore muscles. Many also say it is so energizing that they feel their stress melt away immediately.



By the time future treatments are unveiled, alternative medicine will have been dazzling remedy seekers for many years. There's no telling what innovative cures therapists will come up with next.